



Food ID: A072

Food name and Description: Chips, corn, taco flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.8
Energy, calculated (kcal)	515
Protein (g)	6.8
Total Fat (g)	27.4
Carbohydrate, total (g)	60.2
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	138
Phosphorus, P (mg)	160
Iron, Fe (mg)	2.2
Sodium, Na (mg)	785

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	95
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.39
Fatty acids, monounsaturated, total (g)	7.46
Fatty acids, polyunsaturated, total(g)	3.2
Cholesterol (mg)	0