



**Food ID:** A073

**Food name and Description:** Chips, fish crackers

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	3.2
Energy, calculated (kcal)	456
Protein (g)	5
Total Fat (g)	16.6
Carbohydrate, total (g)	71.7
Ash, total (g)	3.5

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	0.2

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	83
Phosphorus, P (mg)	55
Iron, Fe (mg)	4.7
Sodium, Na (mg)	745

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	71
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	71
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.45
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-