



Food ID: A077

Food name and Description: Chips, shrimp crackers

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.5
Energy, calculated (kcal)	462
Protein (g)	6
Total Fat (g)	18.4
Carbohydrate, total (g)	68.1
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	2.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	156
Phosphorus, P (mg)	66
Iron, Fe (mg)	4.4
Sodium, Na (mg)	740

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	86
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13.8
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	2