



**Food ID:** A081

**Food name and Description:** Chips, tortilla, bbq flvr

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	2
Energy, calculated (kcal)	489
Protein (g)	7.2
Total Fat (g)	23.3
Carbohydrate, total (g)	62.7
Ash, total (g)	4.8

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

Fiber, total dietary (g)	5.3
Sugars, total (g)	2.6

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

Calcium, Ca (mg)	204
Phosphorus, P (mg)	166
Iron, Fe (mg)	4
Sodium, Na (mg)	784

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	12.24
Fatty acids, monounsaturated, total (g)	6.35
Fatty acids, polyunsaturated, total(g)	2.72
Cholesterol (mg)	0