



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