



**Food ID:** A082

**Food name and Description:** Chips, tortilla, nacho cheese flvr

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	2.2
Energy, calculated (kcal)	496
Protein (g)	7.4
Total Fat (g)	23.2
Carbohydrate, total (g)	64.4
Ash, total (g)	2.8

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

Fiber, total dietary (g)	5.1
Sugars, total (g)	2.6

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

Calcium, Ca (mg)	219
Phosphorus, P (mg)	195
Iron, Fe (mg)	1.8
Sodium, Na (mg)	687

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	270
Retinol Activity Equivalent, RAE (µg)	23
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	12.19
Fatty acids, monounsaturated, total (g)	6.32
Fatty acids, polyunsaturated, total(g)	2.71
Cholesterol (mg)	0