

**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