



**Food ID:** A108

**Food name and Description:** Corn, fried, seasoned

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	2.5
Energy, calculated (kcal)	483
Protein (g)	8.5
Total Fat (g)	21.8
Carbohydrate, total (g)	63.2
Ash, total (g)	4

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	4.6

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

Calcium, Ca (mg)	45
Phosphorus, P (mg)	240
Iron, Fe (mg)	1.4
Sodium, Na (mg)	1139

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	9.62
Fatty acids, monounsaturated, total (g)	8.91
Fatty acids, polyunsaturated, total(g)	2.3
Cholesterol (mg)	0