



**Food ID:** A163

**Food name and Description:** Puffs, bbq flvr

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	4.9
Energy, calculated (kcal)	445
Protein (g)	7.5
Total Fat (g)	14.6
Carbohydrate, total (g)	70.9
Ash, total (g)	2.1

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	2.7

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

Calcium, Ca (mg)	140
Phosphorus, P (mg)	88
Iron, Fe (mg)	2.7
Sodium, Na (mg)	865

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

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.25
Fatty acids, monounsaturated, total (g)	4.26
Fatty acids, polyunsaturated, total(g)	7.61
Cholesterol (mg)	2