



Food ID: B033

Food name and Description: Potato chips, cheese flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3
Energy, calculated (kcal)	556
Protein (g)	6.2
Total Fat (g)	36
Carbohydrate, total (g)	51.8
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	114
Phosphorus, P (mg)	141
Iron, Fe (mg)	1.4
Sodium, Na (mg)	720

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	41
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	11.38
Fatty acids, monounsaturated, total (g)	10.22
Fatty acids, polyunsaturated, total(g)	12.65
Cholesterol (mg)	5