

Basic Report 19411, Snacks, potato chips, plain, salted
Report Date: July 19, 2019 06:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28g	22.0 chips 28g	1 oz 28.35g	1 bag (8 oz) 227g
Proximates						
Water	g	1.86	0.52	0.52	0.53	4.22
Energy	kcal	532	149	149	151	1208
Protein	g	6.39	1.79	1.79	1.81	14.51
Total lipid (fat)	g	33.98	9.51	9.51	9.63	77.13
Carbohydrate, by difference	g	53.83	15.07	15.07	15.26	122.19
Fiber, total dietary	g	3.1	0.9	0.9	0.9	7.0
Sugars, total	g	0.33	0.09	0.09	0.09	0.75
Minerals						
Calcium, Ca	mg	21	6	6	6	48
Iron, Fe	mg	1.28	0.36	0.36	0.36	2.91
Magnesium, Mg	mg	63	18	18	18	143
Phosphorus, P	mg	153	43	43	43	347
Potassium, K	mg	1196	335	335	339	2715
Sodium, Na	mg	527	148	148	149	1196
Zinc, Zn	mg	1.09	0.31	0.31	0.31	2.47
Vitamins						
Vitamin C, total ascorbic acid	mg	21.6	6.0	6.0	6.1	49.0
Thiamin	mg	0.213	0.060	0.060	0.060	0.484
Riboflavin	mg	0.088	0.025	0.025	0.025	0.200
Niacin	mg	4.762	1.333	1.333	1.350	10.810
Vitamin B-6	mg	0.531	0.149	0.149	0.151	1.205
Folate, DFE	µg	29	8	8	8	66
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	10.45	2.93	2.93	2.96	23.72

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	22.1	6.2	6.2	6.3	50.2
Lipids						
Fatty acids, total saturated	g	3.400	0.952	0.952	0.964	7.718
Fatty acids, total monounsaturated	g	18.963	5.310	5.310	5.376	43.046
Fatty acids, total polyunsaturated	g	8.282	2.319	2.319	2.348	18.800
Fatty acids, total trans	g	0.084	0.024	0.024	0.024	0.191
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0