

Basic Report 21078, Fast foods, nachos, with cheese

Report Date: August 20, 2019 21:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 80g
Proximates			
Water	g	37.40	29.92
Energy	kcal	343	274
Protein	g	4.32	3.46
Total lipid (fat)	g	21.50	17.20
Carbohydrate, by difference	g	34.91	27.93
Fiber, total dietary	g	3.2	2.6
Sugars, total	g	2.17	1.74
Minerals			
Calcium, Ca	mg	63	50
Iron, Fe	mg	0.75	0.60
Magnesium, Mg	mg	42	34
Phosphorus, P	mg	198	158
Potassium, K	mg	362	290
Sodium, Na	mg	313	250
Zinc, Zn	mg	0.86	0.69
Vitamins			
Vitamin C, total ascorbic acid	mg	1.1	0.9
Thiamin	mg	0.123	0.098
Riboflavin	mg	0.133	0.106
Niacin	mg	0.630	0.504
Vitamin B-6	mg	0.215	0.172
Folate, DFE	µg	10	8
Vitamin B-12	µg	0.07	0.06
Vitamin A, RAE	µg	5	4
Vitamin A, IU	IU	21	17
Vitamin E (alpha-tocopherol)	mg	4.08	3.26

Nutrient	Unit	1 Value Per100 g	1 serving 80g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	19.3	15.4
Lipids			
Fatty acids, total saturated	g	2.173	1.738
Fatty acids, total monounsaturated	g	14.020	11.216
Fatty acids, total polyunsaturated	g	5.040	4.032
Fatty acids, total trans	g	0.058	0.046
Cholesterol	mg	3	2
Amino Acids			
Other			
Caffeine	mg	0	0