

**Basic Report 25023, Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor**

Report Date: June 25, 2019 21:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	2.50	0.71
Energy	kcal	491	139
Protein	g	8.08	2.29
Total lipid (fat)	g	22.22	6.30
Carbohydrate, by difference	g	64.70	18.34
Fiber, total dietary	g	8.1	2.3
Sugars, total	g	7.05	2.00
<b>Minerals</b>			
Calcium, Ca	mg	41	12
Iron, Fe	mg	1.41	0.40
Magnesium, Mg	mg	61	17
Phosphorus, P	mg	245	69
Potassium, K	mg	238	67
Sodium, Na	mg	705	200
Zinc, Zn	mg	1.34	0.38
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.9	0.3
Thiamin	mg	0.169	0.048
Riboflavin	mg	0.120	0.034
Niacin	mg	1.975	0.560
Vitamin B-6	mg	0.269	0.076
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	22	6
Vitamin A, IU	IU	222	63
<b>Lipids</b>			
Fatty acids, total saturated	g	2.892	0.820

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
Fatty acids, total monounsaturated	g	12.557	3.560
Fatty acids, total polyunsaturated	g	6.631	1.880
Fatty acids, total trans	g	0.176	0.050
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0