

Basic Report 19003, Snacks, corn-based, extruded, chips, plain

Report Date: August 24, 2019 11:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28g	1 oz 28.35g	1 bag (7 oz) 198g
Proximates					
Water	g	1.07	0.30	0.30	2.12
Energy	kcal	539	151	153	1067
Protein	g	6.17	1.73	1.75	12.22
Total lipid (fat)	g	33.36	9.34	9.46	66.05
Carbohydrate, by difference	g	57.27	16.04	16.24	113.39
Fiber, total dietary	g	4.0	1.1	1.1	7.9
Sugars, total	g	0.27	0.08	0.08	0.53
Minerals					
Calcium, Ca	mg	138	39	39	273
Iron, Fe	mg	1.20	0.34	0.34	2.38
Magnesium, Mg	mg	72	20	20	143
Phosphorus, P	mg	194	54	55	384
Potassium, K	mg	144	40	41	285
Sodium, Na	mg	514	144	146	1018
Zinc, Zn	mg	1.29	0.36	0.37	2.55
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.047	0.013	0.013	0.093
Riboflavin	mg	0.078	0.022	0.022	0.154
Niacin	mg	0.842	0.236	0.239	1.667
Vitamin B-6	mg	0.167	0.047	0.047	0.331
Folate, DFE	µg	8	2	2	16
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	1	1	6
Vitamin A, IU	IU	69	19	20	137
Vitamin E (alpha-tocopherol)	mg	7.23	2.02	2.05	14.32

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	6.3	1.8	1.8	12.5
Lipids					
Fatty acids, total saturated	g	4.331	1.213	1.228	8.575
Fatty acids, total monounsaturated	g	9.134	2.558	2.589	18.085
Fatty acids, total polyunsaturated	g	16.438	4.603	4.660	32.547
Fatty acids, total trans	g	0.088	0.025	0.025	0.174
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0