

## Basic Report 19056, Snacks, tortilla chips, plain, white corn, salted

Report Date: June 19, 2019 03:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bag 213g
<b>Proximates</b>				
Water	g	2.64	0.75	5.62
Energy	kcal	472	134	1005
Protein	g	7.10	2.01	15.12
Total lipid (fat)	g	20.68	5.86	44.05
Carbohydrate, by difference	g	67.78	19.22	144.37
Fiber, total dietary	g	5.4	1.5	11.5
Sugars, total	g	0.78	0.22	1.66
<b>Minerals</b>				
Calcium, Ca	mg	106	30	226
Iron, Fe	mg	1.52	0.43	3.24
Magnesium, Mg	mg	84	24	179
Phosphorus, P	mg	225	64	479
Potassium, K	mg	182	52	388
Sodium, Na	mg	328	93	699
Zinc, Zn	mg	1.38	0.39	2.94
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.140	0.040	0.298
Riboflavin	mg	0.070	0.020	0.149
Niacin	mg	0.838	0.238	1.785
Vitamin B-6	mg	0.179	0.051	0.381
Folate, DFE	µg	12	3	26
Vitamin B-12	µg	0.36	0.10	0.77
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	4	1	9
Vitamin E (alpha-tocopherol)	mg	3.53	1.00	7.52

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	20.9	5.9	44.5
<b>Lipids</b>				
Fatty acids, total saturated	g	2.811	0.797	5.987
Fatty acids, total monounsaturated	g	5.664	1.606	12.064
Fatty acids, total polyunsaturated	g	10.769	3.053	22.938
Fatty acids, total trans	g	0.812	0.230	1.730
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0