

Full Report (All Nutrients) 19056, Snacks, tortilla chips, plain, white corn, salted

Report Date: July 19, 2019 06:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Carbohydrate Factor: 4 Fat Factor: 8.8 Protein Factor:2.7 Nitrogen to Protein Conversion Factor:6.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bag 213g
Proximates						
Water 1	g	2.64	12	0.080	0.75	5.62
Energy	kcal	472	--	--	134	1005
Energy	kJ	1976	--	--	560	4209
Protein 1	g	7.10	12	0.040	2.01	15.12
Total lipid (fat) 1	g	20.68	12	0.340	5.86	44.05
Ash 1	g	1.79	12	0.020	0.51	3.81
Carbohydrate, by difference	g	67.78	--	--	19.22	144.37
Fiber, total dietary 1	g	5.4	7	0.200	1.5	11.5
Sugars, total 1	g	0.78	7	0.030	0.22	1.66
Sucrose 1	g	0.78	7	0.030	0.22	1.66
Glucose (dextrose) 1	g	0.00	7	0.000	0.00	0.00
Fructose 1	g	0.00	7	0.000	0.00	0.00
Lactose 1	g	0.00	7	0.000	0.00	0.00
Maltose 1	g	0.00	7	0.000	0.00	0.00
Galactose 1	g	0.00	7	0.000	0.00	0.00
Starch 1	g	62.53	7	0.460	17.73	133.19
Minerals						
Calcium, Ca 1	mg	106	12	2.000	30	226
Iron, Fe 1	mg	1.52	12	0.030	0.43	3.24
Magnesium, Mg 1	mg	84	12	1.000	24	179
Phosphorus, P 1	mg	225	12	4.000	64	479
Potassium, K 1	mg	182	12	3.000	52	388

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bag 213g
Sodium, Na 1	mg	328	12	10.000	93	699
Zinc, Zn 1	mg	1.38	12	0.010	0.39	2.94
Copper, Cu 1	mg	0.097	12	0.001	0.027	0.207
Manganese, Mn 1	mg	0.388	12	0.009	0.110	0.826
Selenium, Se 1 5	µg	4.4	3	0.094	1.2	9.4
Fluoride, F 2 3 4	µg	51.9	18	3.300	14.7	110.5
Vitamins						
Vitamin C, total ascorbic acid 6	mg	0.0	3	0.000	0.0	0.0
Thiamin 1	mg	0.140	7	0.013	0.040	0.298
Riboflavin 1	mg	0.070	7	0.004	0.020	0.149
Niacin 1	mg	0.838	7	0.040	0.238	1.785
Pantothenic acid 1	mg	0.297	5	0.008	0.084	0.633
Vitamin B-6 1	mg	0.179	7	0.017	0.051	0.381
Folate, total 1	µg	12	4	0.000	3	26
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	4	0.000	3	26
Folate, DFE	µg	12	--	--	3	26
Choline, total 6	mg	19.4	--	--	5.5	41.3
Betaine 6	mg	0.4	1	--	0.1	0.9
Vitamin B-12 6	µg	0.36	1	--	0.10	0.77
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	2	--	--	1	4
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	2	--	--	1	4
Vitamin A, IU	IU	4	--	--	1	9
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	5	--	--	1	11
Vitamin E (alpha-tocopherol) 1	mg	3.53	7	0.280	1.00	7.52
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1	mg	0.11	7	0.007	0.03	0.23

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Tocopherol, gamma 1	mg	9.14	7	0.500	2.59	19.47
Tocopherol, delta 1	mg	0.36	7	0.010	0.10	0.77
Tocotrienol, alpha 1	mg	0.49	7	0.030	0.14	1.04
Tocotrienol, beta 1	mg	0.42	7	0.020	0.12	0.89
Tocotrienol, gamma 1	mg	1.15	7	0.040	0.33	2.45
Tocotrienol, delta 1	mg	0.00	7	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 6	µg	20.9	2	--	5.9	44.5
Lipids						
Fatty acids, total saturated	g	2.811	--	--	0.797	5.987
4:0 1	g	0.000	12	0.000	0.000	0.000
6:0 1	g	0.000	12	0.000	0.000	0.000
8:0 1	g	0.008	12	0.000	0.002	0.017
10:0 1	g	0.010	12	0.001	0.003	0.021
12:0 1	g	0.003	12	0.001	0.001	0.006
14:0 1	g	0.015	12	0.004	0.004	0.032
15:0 1 5	g	0.003	6	0.000	0.001	0.006
16:0 1	g	2.245	12	0.099	0.636	4.782
17:0 1	g	0.014	12	0.000	0.004	0.030
18:0 1	g	0.376	12	0.008	0.107	0.801
20:0 1	g	0.076	12	0.002	0.022	0.162
22:0 1	g	0.028	12	0.001	0.008	0.060
24:0 1	g	0.033	12	0.001	0.009	0.070
Fatty acids, total monounsaturated	g	5.664	--	--	1.606	12.064
14:1 1	g	0.000	12	0.000	0.000	0.000
15:1 1 5	g	0.000	6	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.023	--	--	0.007	0.049
16:1 c 1	g	0.023	12	0.002	0.007	0.049
16:1 t 1 5	g	0.000	6	0.000	0.000	0.000
17:1 1	g	0.008	12	0.000	0.002	0.017
18:1 undifferentiated 1	g	5.560	--	--	1.576	11.843

Nutrient	Unit	1			1 oz 28.35g	1 bag 213g
		Value Per100 g	Data points	Std. Error		
18:1 c 1	g	5.560	12	0.190	1.576	11.843
20:1 1	g	0.071	12	0.006	0.020	0.151
22:1 undifferentiated 1	g	0.002	--	--	0.001	0.004
22:1 c 1	g	0.002	12	0.000	0.001	0.004
22:1 t 1	g	0.000	12	0.000	0.000	0.000
24:1 c 1	g	0.000	12	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	10.769	--	--	3.053	22.938
18:2 undifferentiated 1	g	10.522	--	--	2.983	22.412
18:2 n-6 c,c 1	g	9.695	12	0.222	2.749	20.650
18:2 CLAs 1	g	0.015	12	0.002	0.004	0.032
18:2 i 6	g	0.713	4	0.031	0.202	1.519
18:2 t not further defined 1	g	0.098	12	0.003	0.028	0.209
18:3 undifferentiated 1	g	0.231	--	--	0.065	0.492
18:3 n-3 c,c,c (ALA) 1	g	0.230	12	0.037	0.065	0.490
18:3 n-6 c,c,c 5	g	0.000	6	0.000	0.000	0.000
18:3i 1	g	0.000	12	0.000	0.000	0.000
18:4 1	g	0.002	12	0.001	0.001	0.004
20:2 n-6 c,c 1 5	g	0.004	12	0.001	0.001	0.009
20:3 n-6 1 5	g	0.000	12	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.005	12	0.000	0.001	0.011
20:5 n-3 (EPA) 1	g	0.000	12	0.000	0.000	0.000
22:4 1 5	g	0.003	6	0.000	0.001	0.006
22:5 n-3 (DPA) 1	g	0.000	12	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	12	0.000	0.000	0.000
Fatty acids, total trans	g	0.812	--	--	0.230	1.730
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000
Cholesterol 6	mg	0	4	0.000	0	0
Stigmasterol 6	mg	14	4	0.000	4	30
Campesterol 6	mg	24	4	0.000	7	51
Beta-sitosterol 6	mg	61	4	1.000	17	130

Amino Acids

Other

Nutrient	Unit	1			1 oz 28.35g	1 bag 213g
		Value Per100 g	Data points	Std. Error		
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein ⁷	mg	0.00	1	--	0.00	0.00
Genistein ⁷	mg	0.00	1	--	0.00	0.00
Total isoflavones ⁷	mg	0.00	1	--	0.00	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16k, 2012 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

³A. Kingman Unpublished data. NIDR/NIH, 1984 Unpublished data. NIDR/NIH, 1984.

⁴RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace The fluoride content of foods and beverages from negligibly and optimally fluoridated communities., 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13C, 2009 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD

⁷Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States),, 2000 Cancer Causes and Control 11 pp.289-298