

Basic Report 19445, Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Report Date: September 21, 2019 20:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	2.63	0.75
Energy	kcal	253	72
Protein	g	5.06	1.43
Total lipid (fat)	g	0.93	0.26
Carbohydrate, by difference	g	56.00	15.88
Fiber, total dietary	g	7.3	2.1
Sugars, total	g	0.59	0.17
Minerals			
Calcium, Ca	mg	20	6
Iron, Fe	mg	1.14	0.32
Magnesium, Mg	mg	48	14
Phosphorus, P	mg	132	37
Potassium, K	mg	931	264
Sodium, Na	mg	429	122
Zinc, Zn	mg	0.78	0.22
Vitamins			
Vitamin C, total ascorbic acid	mg	108.8	30.8
Thiamin	mg	0.177	0.050
Riboflavin	mg	0.016	0.005
Niacin	mg	3.397	0.963
Vitamin B-6	mg	0.532	0.151
Folate, DFE	µg	67	19
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	328.6	93.2
Lipids			
Fatty acids, total saturated	g	0.355	0.101
Fatty acids, total monounsaturated	g	0.300	0.085
Fatty acids, total polyunsaturated	g	0.190	0.054
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0