

Basic Report 25040, Snacks, vegetable chips, made from garden vegetables [a](#)

Report Date: September 22, 2019 04:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	6.31	1.79
Energy	kcal	473	134
Protein	g	5.32	1.51
Total lipid (fat)	g	23.30	6.61
Carbohydrate, by difference	g	60.43	17.13
Fiber, total dietary	g	4.7	1.3
Sugars, total	g	4.04	1.15
Minerals			
Calcium, Ca	mg	52	15
Iron, Fe	mg	1.55	0.44
Magnesium, Mg	mg	53	15
Phosphorus, P	mg	130	37
Potassium, K	mg	838	238
Sodium, Na	mg	412	117
Zinc, Zn	mg	0.50	0.14
Vitamins			
Vitamin C, total ascorbic acid	mg	4.9	1.4
Thiamin	mg	0.133	0.038
Riboflavin	mg	0.059	0.017
Niacin	mg	2.767	0.784
Vitamin B-6	mg	0.545	0.155
Folate, DFE	µg	16	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	9	3
Vitamin A, IU	IU	170	48

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin E (alpha-tocopherol)	mg	4.84	1.37
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	17.5	5.0
Lipids			
Fatty acids, total saturated	g	1.762	0.500
Fatty acids, total monounsaturated	g	14.566	4.129
Fatty acids, total polyunsaturated	g	6.602	1.872
Fatty acids, total trans	g	0.091	0.026
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Made with potatoes, tomatoes, spinach and beets.