

**Full Report (All Nutrients) 45201832, KITCHEN AHIMSA, DEHYDRATED KALE CHIPS, CHEEZY PIZZA, UPC: 095225699047**
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**Report Date: September 23, 2019 09:18 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Blue Chip Games

Nutrient	Unit	Data points	Std. Error	1 ONZ 28g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	140	500
Protein	g	--	--	6.90	24.64
Total lipid (fat)	g	--	--	7.60	27.14
Carbohydrate, by difference	g	--	--	15.30	54.64
Fiber, total dietary	g	--	--	4.5	16.1
Sugars, total	g	--	--	2.70	9.64
<b>Minerals</b>					
Calcium, Ca	mg	--	--	142	507
Iron, Fe	mg	--	--	3.91	13.95
Magnesium, Mg	mg	--	--	84	301
Phosphorus, P	mg	--	--	148	529
Potassium, K	mg	--	--	562	2008
Sodium, Na	mg	--	--	172	613
Zinc, Zn	mg	--	--	1.60	5.73
Copper, Cu	mg	--	--	0.600	2.143
Manganese, Mn	mg	--	--	1.120	4.000
Selenium, Se	µg	--	--	7.3	26.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	76.3	272.6
Thiamin	mg	--	--	1.680	6.000
Riboflavin	mg	--	--	1.600	5.713
Niacin	mg	--	--	10.200	36.429

Nutrient	Unit	Data points	Std. Error	1 ONZ 28g	1 Value Per100 g
Pantothenic acid	mg	--	--	0.500	1.786
Vitamin B-6	mg	--	--	1.800	6.429
Folate, total	µg	--	--	88	314
Vitamin B-12	µg	--	--	2.80	10.01
Vitamin A, IU	IU	--	--	8680	31000
Vitamin K (phylloquinone)	µg	--	--	475.6	1698.6
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.801	2.860
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**

**Other**

**Ingredients**

KALE\*, SUNFLOWER SEEDS\*, CASHEW NUTS\*, NUTRITIONAL YEAST, SUN DRIED TOMATO\*, RED BELL PEPPER\*, GARLIC\*, LEMON JUICE\*, OREGANO\*, FENNEL SEED\*, MAR JORAM\*, ROSEMARY\*, BASIL\*, THYME\*, BLACK PEPPER\*, CELTIC SALT  
*Date Available: 01/09/2018 Date Last Updated by Company: 01/09/2018*