

Basic Report 19063, Snacks, tortilla chips, taco-flavor

Report Date: August 20, 2019 21:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bag (8 oz) 227g
Proximates				
Water	g	1.60	0.45	3.63
Energy	kcal	480	136	1090
Protein	g	7.90	2.24	17.93
Total lipid (fat)	g	24.20	6.86	54.93
Carbohydrate, by difference	g	63.10	17.89	143.24
Fiber, total dietary	g	5.3	1.5	12.0
Minerals				
Calcium, Ca	mg	155	44	352
Iron, Fe	mg	2.02	0.57	4.59
Magnesium, Mg	mg	88	25	200
Phosphorus, P	mg	239	68	543
Potassium, K	mg	217	62	493
Sodium, Na	mg	787	223	1786
Zinc, Zn	mg	1.27	0.36	2.88
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.3	2.0
Thiamin	mg	0.242	0.069	0.549
Riboflavin	mg	0.204	0.058	0.463
Niacin	mg	1.999	0.567	4.538
Vitamin B-6	mg	0.297	0.084	0.674
Folate, DFE	µg	21	6	48
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	45	13	102
Vitamin A, IU	IU	905	257	2054
Lipids				
Fatty acids, total saturated	g	4.640	1.315	10.533

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Fatty acids, total monounsaturated	g	14.290	4.051	32.438
Fatty acids, total polyunsaturated	g	3.360	0.953	7.627
Cholesterol	mg	0	0	0
Amino Acids				
Other				