

Basic Report 19401, Snacks, cornnuts, barbecue-flavor

Report Date: August 23, 2019 09:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	2.0 oz 57g
Proximates				
Water	g	1.60	0.45	0.91
Energy	kcal	436	124	249
Protein	g	9.00	2.55	5.13
Total lipid (fat)	g	14.30	4.05	8.15
Carbohydrate, by difference	g	71.70	20.33	40.87
Fiber, total dietary	g	8.4	2.4	4.8
Minerals				
Calcium, Ca	mg	17	5	10
Iron, Fe	mg	1.70	0.48	0.97
Magnesium, Mg	mg	109	31	62
Phosphorus, P	mg	283	80	161
Potassium, K	mg	286	81	163
Sodium, Na	mg	600	170	342
Zinc, Zn	mg	1.88	0.53	1.07
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	0.1	0.2
Thiamin	mg	0.350	0.099	0.199
Riboflavin	mg	0.142	0.040	0.081
Niacin	mg	1.507	0.427	0.859
Vitamin B-6	mg	0.187	0.053	0.107
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	17	5	10
Vitamin A, IU	IU	338	96	193
Lipids				
Fatty acids, total saturated	g	2.580	0.731	1.471

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	2.0 oz 57g
Fatty acids, total monounsaturated	g	7.360	2.087	4.195
Fatty acids, total polyunsaturated	g	3.220	0.913	1.835
Cholesterol	mg	0	0	0

Amino Acids

Other