

Full Report (All Nutrients) 19421, Snacks, potato chips, cheese-flavor

Report Date: July 20, 2019 01:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Carbohydrate Factor: 4 Fat Factor: 8.8 Protein Factor:3 Nitrogen to Protein Conversion Factor:6.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	1 bag (6 oz) 170g
Proximates						
Water	g	1.80	4	0.160	0.51	3.06
Energy	kcal	496	--	--	141	843
Energy	kJ	2075	--	--	588	3528
Protein	g	8.50	4	0.480	2.41	14.45
Total lipid (fat)	g	27.20	4	0.780	7.71	46.24
Ash	g	4.80	4	0.300	1.36	8.16
Carbohydrate, by difference	g	57.70	--	--	16.36	98.09
Fiber, total dietary	g	5.2	--	--	1.5	8.8
Minerals						
Calcium, Ca	mg	72	4	2.000	20	122
Iron, Fe	mg	1.84	4	0.270	0.52	3.13
Magnesium, Mg	mg	75	4	2.000	21	128
Phosphorus, P	mg	299	4	7.000	85	508
Potassium, K	mg	1528	4	31.000	433	2598
Sodium, Na	mg	458	--	--	130	779
Zinc, Zn	mg	0.91	4	0.140	0.26	1.55
Copper, Cu	mg	0.250	4	0.052	0.071	0.425
Manganese, Mn	mg	0.446	4	0.035	0.126	0.758
Vitamins						
Vitamin C, total ascorbic acid	mg	54.1	4	13.100	15.3	92.0
Thiamin	mg	0.155	4	0.003	0.044	0.264
Riboflavin	mg	0.158	4	0.010	0.045	0.269

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bag (6 oz) 170g
Niacin	mg	5.000	4	0.129	1.417	8.500
Pantothenic acid	mg	0.790	4	0.105	0.224	1.343
Vitamin B-6	mg	0.348	4	0.039	0.099	0.592
Folate, total	µg	0	4	0.000	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	4	0.000	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	1	--	0.00	0.00
Vitamin A, RAE	µg	10	--	--	3	17
Retinol	µg	10	--	--	3	17
Vitamin A, IU	IU	33	1	--	9	56
Lipids						
Fatty acids, total saturated	g	8.600	--	--	2.438	14.620
10:0	g	0.000	31	--	0.000	0.000
12:0	g	0.060	31	--	0.017	0.102
14:0	g	0.240	31	--	0.068	0.408
16:0	g	7.320	31	--	2.075	12.444
18:0	g	0.870	31	--	0.247	1.479
Fatty acids, total monounsaturated	g	7.720	--	--	2.189	13.124
16:1 undifferentiated	g	0.140	31	--	0.040	0.238
18:1 undifferentiated	g	7.470	31	--	2.118	12.699
20:1	g	0.120	31	--	0.034	0.204
Fatty acids, total polyunsaturated	g	9.560	--	--	2.710	16.252
18:2 undifferentiated	g	9.410	31	--	2.668	15.997
18:3 undifferentiated	g	0.150	31	--	0.043	0.255
Cholesterol	mg	4	1	--	1	7
Amino Acids						
Tryptophan	g	0.073	--	--	0.021	0.124
Threonine	g	0.365	--	--	0.103	0.620
Isoleucine	g	0.392	--	--	0.111	0.666
Leucine	g	0.594	--	--	0.168	1.010
Lysine	g	0.554	--	--	0.157	0.942
Methionine	g	0.116	--	--	0.033	0.197

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bag (6 oz) 170g
Cystine	g	0.104	--	--	0.029	0.177
Phenylalanine	g	0.388	--	--	0.110	0.660
Tyrosine	g	0.329	--	--	0.093	0.559
Valine	g	0.501	--	--	0.142	0.852
Arginine	g	0.400	--	--	0.113	0.680
Histidine	g	0.194	--	--	0.055	0.330
Alanine	g	0.299	--	--	0.085	0.508
Aspartic acid	g	1.494	--	--	0.424	2.540
Glutamic acid	g	1.446	--	--	0.410	2.458
Glycine	g	0.268	--	--	0.076	0.456
Proline	g	0.394	--	--	0.112	0.670
Serine	g	0.357	--	--	0.101	0.607
Other						