

## Basic Report 19445, Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Report Date: July 15, 2019 20:19 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 oz<br>28.35g |
|--------------------------------|------|------------------------|----------------|
| <b>Proximates</b>              |      |                        |                |
| Water                          | g    | 2.63                   | 0.75           |
| Energy                         | kcal | 253                    | 72             |
| Protein                        | g    | 5.06                   | 1.43           |
| Total lipid (fat)              | g    | 0.93                   | 0.26           |
| Carbohydrate, by difference    | g    | 56.00                  | 15.88          |
| Fiber, total dietary           | g    | 7.3                    | 2.1            |
| Sugars, total                  | g    | 0.59                   | 0.17           |
| <b>Minerals</b>                |      |                        |                |
| Calcium, Ca                    | mg   | 20                     | 6              |
| Iron, Fe                       | mg   | 1.14                   | 0.32           |
| Magnesium, Mg                  | mg   | 48                     | 14             |
| Phosphorus, P                  | mg   | 132                    | 37             |
| Potassium, K                   | mg   | 931                    | 264            |
| Sodium, Na                     | mg   | 429                    | 122            |
| Zinc, Zn                       | mg   | 0.78                   | 0.22           |
| <b>Vitamins</b>                |      |                        |                |
| Vitamin C, total ascorbic acid | mg   | 108.8                  | 30.8           |
| Thiamin                        | mg   | 0.177                  | 0.050          |
| Riboflavin                     | mg   | 0.016                  | 0.005          |
| Niacin                         | mg   | 3.397                  | 0.963          |
| Vitamin B-6                    | mg   | 0.532                  | 0.151          |
| Folate, DFE                    | µg   | 67                     | 19             |
| Vitamin B-12                   | µg   | 0.00                   | 0.00           |
| Vitamin A, RAE                 | µg   | 0                      | 0              |
| Vitamin A, IU                  | IU   | 0                      | 0              |
| Vitamin E (alpha-tocopherol)   | mg   | 0.00                   | 0.00           |

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|------------------------------------|-------------|---------------------------------|------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                    |
| Vitamin D                          | IU          | 0                               | 0                      |
| Vitamin K (phylloquinone)          | µg          | 328.6                           | 93.2                   |
| <b>Lipids</b>                      |             |                                 |                        |
| Fatty acids, total saturated       | g           | 0.355                           | 0.101                  |
| Fatty acids, total monounsaturated | g           | 0.300                           | 0.085                  |
| Fatty acids, total polyunsaturated | g           | 0.190                           | 0.054                  |
| Cholesterol                        | mg          | 0                               | 0                      |
| <b>Amino Acids</b>                 |             |                                 |                        |
| <b>Other</b>                       |             |                                 |                        |
| Caffeine                           | mg          | 0                               | 0                      |