

## Basic Report 19524, Snacks, taro chips

Report Date: October 21, 2017 15:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	10.0 chips 23g
<b>Proximates</b>				
Water	g	2.00	0.57	0.46
Energy	kcal	498	141	115
Protein	g	2.30	0.65	0.53
Total lipid (fat)	g	24.90	7.06	5.73
Carbohydrate, by difference	g	68.10	19.31	15.66
Fiber, total dietary	g	7.2	2.0	1.7
Sugars, total	g	3.82	1.08	0.88
<b>Minerals</b>				
Calcium, Ca	mg	60	17	14
Iron, Fe	mg	1.20	0.34	0.28
Magnesium, Mg	mg	84	24	19
Phosphorus, P	mg	131	37	30
Potassium, K	mg	755	214	174
Sodium, Na	mg	342	97	79
Zinc, Zn	mg	0.38	0.11	0.09
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	5.0	1.4	1.1
Thiamin	mg	0.174	0.049	0.040
Riboflavin	mg	0.029	0.008	0.007
Niacin	mg	0.515	0.146	0.118
Vitamin B-6	mg	0.438	0.124	0.101
Folate, DFE	µg	20	6	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	2	2
Vitamin A, IU	IU	142	40	33
Vitamin E (alpha-tocopherol)	mg	11.34	3.21	2.61

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	18.0	5.1	4.1
<b>Lipids</b>				
Fatty acids, total saturated	g	6.430	1.823	1.479
Fatty acids, total monounsaturated	g	4.430	1.256	1.019
Fatty acids, total polyunsaturated	g	12.880	3.651	2.962
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0