

Basic Report 19524, Snacks, taro chips

Report Date: December 11, 2017 23:28 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	10.0 chips 23g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0