

Basic Report 25012, Snacks, sweet potato chips, unsalted

Report Date: September 17, 2019 00:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 Bag 28g	1 package 34g
Proximates					
Water	g	4.51	1.28	1.26	1.53
Energy	kcal	532	151	149	181
Protein	g	2.94	0.83	0.82	1.00
Total lipid (fat)	g	32.35	9.17	9.06	11.00
Carbohydrate, by difference	g	56.82	16.11	15.91	19.32
Fiber, total dietary	g	8.8	2.5	2.5	3.0
Sugars, total	g	8.82	2.50	2.47	3.00
Minerals					
Calcium, Ca	mg	59	17	17	20
Iron, Fe	mg	2.12	0.60	0.59	0.72
Magnesium, Mg	mg	65	18	18	22
Phosphorus, P	mg	145	41	41	49
Potassium, K	mg	925	262	259	314
Sodium, Na	mg	35	10	10	12
Zinc, Zn	mg	0.53	0.15	0.15	0.18
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.088	0.025	0.025	0.030
Riboflavin	mg	0.161	0.046	0.045	0.055
Niacin	mg	2.088	0.592	0.585	0.710
Vitamin B-6	mg	0.535	0.152	0.150	0.182
Folate, DFE	µg	37	10	10	13
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1184	336	332	403
Vitamin A, IU	IU	23675	6712	6629	8050
Vitamin E (alpha-tocopherol)	mg	9.82	2.78	2.75	3.34

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	24.5	6.9	6.9	8.3
Lipids					
Fatty acids, total saturated	g	2.941	0.834	0.823	1.000
Fatty acids, total monounsaturated	g	9.155	2.595	2.563	3.113
Fatty acids, total polyunsaturated	g	12.224	3.466	3.423	4.156
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0