

Basic Report 25046, Snacks, bagel chips, plain

Report Date: October 21, 2017 00:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bag 175g	6.0 piece chips 28g
Proximates					
Water	g	5.05	1.43	8.84	1.41
Energy	kcal	451	128	789	126
Protein	g	12.34	3.50	21.59	3.46
Total lipid (fat)	g	15.14	4.29	26.50	4.24
Carbohydrate, by difference	g	66.36	18.81	116.13	18.58
Fiber, total dietary	g	4.1	1.2	7.2	1.1
Sugars, total	g	6.02	1.71	10.54	1.69
Minerals					
Calcium, Ca	mg	24	7	42	7
Iron, Fe	mg	5.05	1.43	8.84	1.41
Magnesium, Mg	mg	39	11	68	11
Phosphorus, P	mg	131	37	229	37
Potassium, K	mg	140	40	245	39
Sodium, Na	mg	233	66	408	65
Zinc, Zn	mg	1.00	0.28	1.75	0.28
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.523	0.148	0.915	0.146
Riboflavin	mg	0.337	0.096	0.590	0.094
Niacin	mg	7.660	2.172	13.405	2.145
Vitamin B-6	mg	0.117	0.033	0.205	0.033
Folate, DFE	µg	220	62	385	62
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.81	0.23	1.42	0.23

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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	5.2	1.5	9.1	1.5
Lipids					
Fatty acids, total saturated	g	6.835	1.938	11.961	1.914
Fatty acids, total monounsaturated	g	6.050	1.715	10.588	1.694
Fatty acids, total polyunsaturated	g	2.085	0.591	3.649	0.584
Fatty acids, total trans	g	0.057	0.016	0.100	0.016
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0