

Basic Report 36007, T.G.I. FRIDAY'S, french fries

Report Date: May 28, 2017 04:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 184g
Proximates			
Water	g	42.23	77.70
Energy	kcal	296	545
Protein	g	3.74	6.88
Total lipid (fat)	g	14.82	27.27
Carbohydrate, by difference	g	36.90	67.90
Fiber, total dietary	g	4.1	7.5
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	19	35
Iron, Fe	mg	0.98	1.80
Magnesium, Mg	mg	31	57
Phosphorus, P	mg	121	223
Potassium, K	mg	604	1111
Sodium, Na	mg	409	753
Zinc, Zn	mg	0.57	1.05
Vitamins			
Vitamin C, total ascorbic acid	mg	1.1	2.0
Thiamin	mg	0.107	0.197
Riboflavin	mg	0.064	0.118
Niacin	mg	2.797	5.146
Vitamin B-6	mg	0.282	0.519
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	1.09	2.01
Vitamin K (phylloquinone)	µg	43.1	79.3

Lipids

Nutrient	Unit	1 Value Per100 g	1 serving 184g
Fatty acids, total saturated	g	2.600	4.784
Fatty acids, total monounsaturated	g	3.356	6.175
Fatty acids, total polyunsaturated	g	7.473	13.750
Fatty acids, total trans	g	0.102	0.188
Cholesterol	mg	1	2

Amino Acids

Other