

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

Report Date: September 23, 2017 14:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 184g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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
<b>Lipids</b>			

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 184g</b>
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**