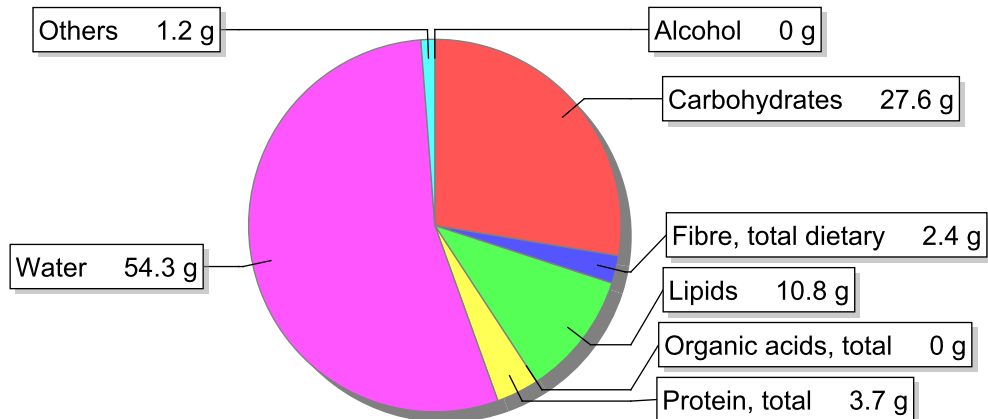


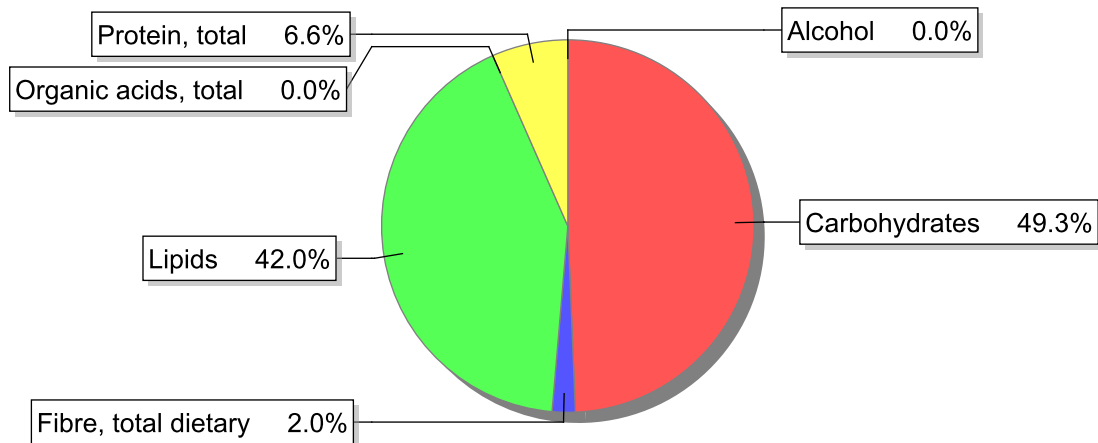
Food

Name: Potato, chips, homemade
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 100%
Code: IS591
FoodEX2 Code: A0BYV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	227	kcal	
energy kJ, total metabolisable	951	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	5.1	g	
fatty acid 18:2 n-6 cis,cis	5.0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	1.7	g	
sucrose	0.9	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	25.9	g	
salt	0.0	g	
fibre, total dietary	2.4	g	
protein, total	3.7	g	
alcohol	0	g	
water	54.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	3.8	mg	
thiamin	0.22	mg	
riboflavin	0.03	mg	
niacin, preformed	1.8	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.5	mg	
vitamin B-12	0	µg	
vitamin C	13	mg	
folate, total	37	µg	
Minerals			
ash	1.20	g	
sodium	14	mg	
potassium	690	mg	
calcium	14	mg	
phosphorus	64	mg	
magnesium	20	mg	
iron, total	0.3	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References