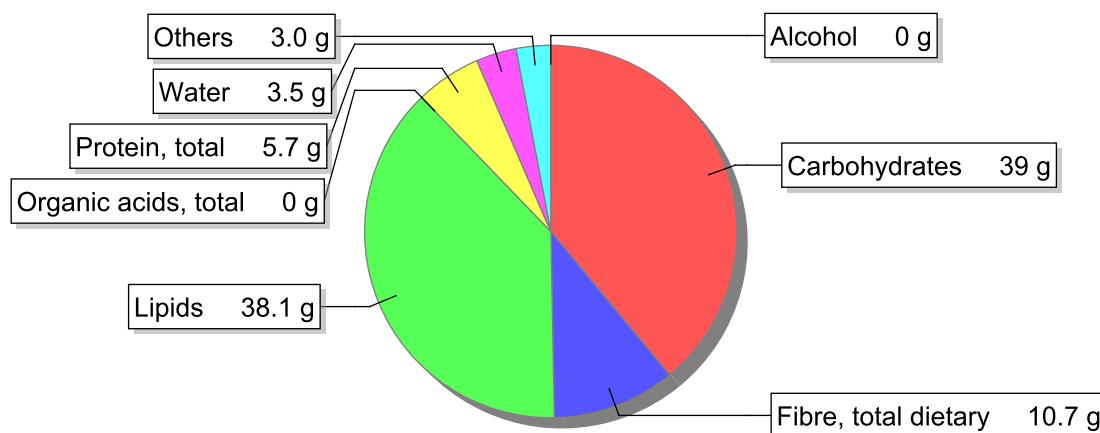


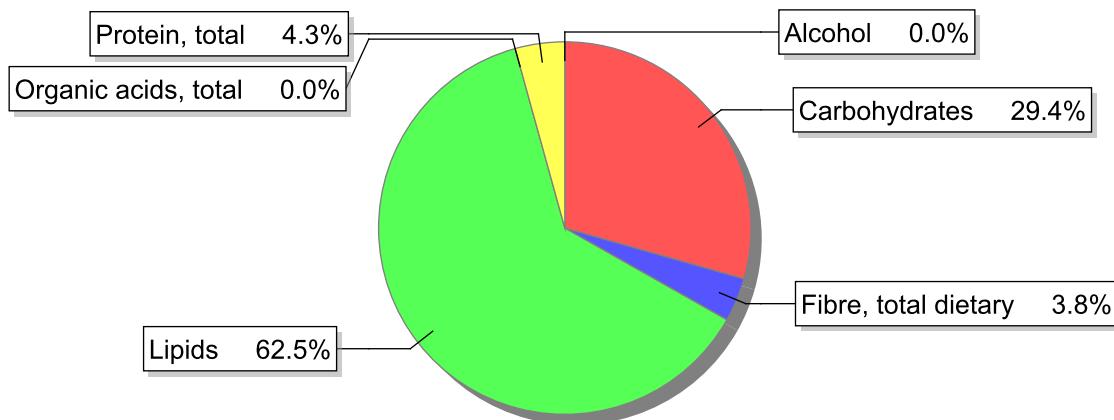
Food

Name: Potato, crisps
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 100%
Code: IS592
FoodEX2 Code: A011L

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	543	kcal	
energy kJ, total metabolisable	2260	kJ	
fatty acids, total saturated	14.7	g	
fatty acids, total monounsaturated	13.5	g	
fatty acids, total polyunsaturated	6.9	g	
fatty acid 18:2 n-6 cis,cis	6.4	g	
fatty acids, total trans	0.4	g	
sugars, total	0.6	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	10.7	g	
protein, total	5.7	g	57
alcohol	0	g	
water	3.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	5.5	mg	
thiamin	0.11	mg	
riboflavin	0.07	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	2.5	mg	
niacin equivalents from tryptophan	1.3	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	0	µg	
vitamin C	27	mg	
folate, total	41	µg	
ash	3.00	g	
sodium	480	mg	
potassium	1060	mg	
calcium	21	mg	
phosphorus	150	mg	
magnesium	45	mg	
iron, total	1.6	mg	
zinc	1.7	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB