

Basic Report 16389, Peanuts, all types, oil-roasted, without salt

Report Date: August 03, 2019 22:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, 144g	1 oz shelled (32 nuts) 28.35g
Proximates				
Water	g	1.45	2.09	0.41
Energy	kcal	599	863	170
Protein	g	28.03	40.36	7.95
Total lipid (fat)	g	52.50	75.60	14.88
Carbohydrate, by difference	g	15.26	21.97	4.33
Fiber, total dietary	g	9.4	13.5	2.7
Sugars, total	g	4.18	6.02	1.19
Minerals				
Calcium, Ca	mg	61	88	17
Iron, Fe	mg	1.52	2.19	0.43
Magnesium, Mg	mg	176	253	50
Phosphorus, P	mg	397	572	113
Potassium, K	mg	726	1045	206
Sodium, Na	mg	6	9	2
Zinc, Zn	mg	3.28	4.72	0.93
Vitamins				
Vitamin C, total ascorbic acid	mg	0.8	1.2	0.2
Thiamin	mg	0.085	0.122	0.024
Riboflavin	mg	0.089	0.128	0.025
Niacin	mg	13.825	19.908	3.919
Vitamin B-6	mg	0.461	0.664	0.131
Folate, DFE	µg	120	173	34
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	6.91	9.95	1.96

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	8.686	12.508	2.462
Fatty acids, total monounsaturated	g	25.976	37.405	7.364
Fatty acids, total polyunsaturated	g	15.292	22.020	4.335
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0