

**Basic Report 16088, Peanuts, all types, cooked, boiled, with salt**

Report Date: January 30, 2015 01:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup in shell, edible yield 63g	1 cup, shelled 180g	1 oz shelled 28.35g	33.0 nuts 28g
<b>Proximates</b>						
Water	g	41.78	26.32	75.20	11.84	11.70
Energy	kcal	318	200	572	90	89
Protein	g	13.50	8.50	24.30	3.83	3.78
Total lipid (fat)	g	22.01	13.87	39.62	6.24	6.16
Carbohydrate, by difference	g	21.26	13.39	38.27	6.03	5.95
Fiber, total dietary	g	8.8	5.5	15.8	2.5	2.5
Sugars, total	g	2.47	1.56	4.45	0.70	0.69
<b>Minerals</b>						
Calcium, Ca	mg	55	35	99	16	15
Iron, Fe	mg	1.01	0.64	1.82	0.29	0.28
Magnesium, Mg	mg	102	64	184	29	29
Phosphorus, P	mg	198	125	356	56	55
Potassium, K	mg	180	113	324	51	50
Sodium, Na	mg	751	473	1352	213	210
Zinc, Zn	mg	1.83	1.15	3.29	0.52	0.51
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.259	0.163	0.466	0.073	0.073
Riboflavin	mg	0.063	0.040	0.113	0.018	0.018
Niacin	mg	5.259	3.313	9.466	1.491	1.473
Vitamin B-6	mg	0.152	0.096	0.274	0.043	0.043
Folate, DFE	µg	75	47	135	21	21
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	4.10	2.58	7.38	1.16	1.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	3.055	1.925	5.499	0.866	0.855
Fatty acids, total monounsaturated	g	10.921	6.880	19.658	3.096	3.058
Fatty acids, total polyunsaturated	g	6.956	4.382	12.521	1.972	1.948
Cholesterol	mg	0	0	0	0	0
<b>Other</b>						
Caffeine	mg	0	0	0	0	0