

## Basic Report 16150, Peanut butter, smooth, reduced fat

Report Date: June 15, 2019 21:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tablespoon 36g
<b>Proximates</b>			
Water	g	1.20	0.43
Energy	kcal	520	187
Protein	g	25.90	9.32
Total lipid (fat)	g	34.00	12.24
Carbohydrate, by difference	g	35.65	12.83
Fiber, total dietary	g	5.2	1.9
Sugars, total	g	9.28	3.34
<b>Minerals</b>			
Calcium, Ca	mg	35	13
Iron, Fe	mg	1.90	0.68
Magnesium, Mg	mg	170	61
Phosphorus, P	mg	369	133
Potassium, K	mg	669	241
Sodium, Na	mg	540	194
Zinc, Zn	mg	2.80	1.01
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.270	0.097
Riboflavin	mg	0.060	0.022
Niacin	mg	14.600	5.256
Vitamin B-6	mg	0.310	0.112
Folate, DFE	µg	60	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	9.04	3.25

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.6	0.2
<b>Lipids</b>			
Fatty acids, total saturated	g	5.760	2.074
Fatty acids, total monounsaturated	g	16.156	5.816
Fatty acids, total polyunsaturated	g	9.182	3.306
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0