

Basic Report 16150, Peanut butter, smooth, reduced fat

Report Date: June 19, 2019 21:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tablespoon 36g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0