

Basic Report 16150, Peanut butter, smooth, reduced fat

Report Date: June 16, 2019 05:11 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 |