

Basic Report 16398, Peanut butter, smooth style, without salt

Report Date: June 15, 2019 21:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 32g	1 cup 258g
Proximates				
Water	g	1.23	0.39	3.17
Energy	kcal	598	191	1543
Protein	g	22.21	7.11	57.30
Total lipid (fat)	g	51.36	16.44	132.51
Carbohydrate, by difference	g	22.31	7.14	57.56
Fiber, total dietary	g	5.0	1.6	12.9
Sugars, total	g	10.49	3.36	27.06
Minerals				
Calcium, Ca	mg	49	16	126
Iron, Fe	mg	1.74	0.56	4.49
Magnesium, Mg	mg	168	54	433
Phosphorus, P	mg	335	107	864
Potassium, K	mg	558	179	1440
Sodium, Na	mg	17	5	44
Zinc, Zn	mg	2.51	0.80	6.48
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.150	0.048	0.387
Riboflavin	mg	0.192	0.061	0.495
Niacin	mg	13.112	4.196	33.829
Vitamin B-6	mg	0.441	0.141	1.138
Folate, DFE	µg	87	28	224
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	9.10	2.91	23.48

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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	0.3	0.1	0.8
Lipids				
Fatty acids, total saturated	g	10.325	3.304	26.639
Fatty acids, total monounsaturated	g	25.941	8.301	66.928
Fatty acids, total polyunsaturated	g	12.535	4.011	32.340
Fatty acids, total trans	g	0.075	0.024	0.193
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0