

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

Report Date: July 24, 2019 00:35 EDT

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
Proximates						
Water	g	41.78	26.32	75.20	11.84	11.70
Energy	kcal	318	200	572	90	89
Protein	g	13.50	8.51	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
Minerals						
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
Vitamins						
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
Lipids						
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
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0