

Basic Report 16100, Peanut flour, low fat

Report Date: July 21, 2019 15:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 60g	1 oz 28.35g
Proximates				
Water	g	7.80	4.68	2.21
Energy	kcal	428	257	121
Protein	g	33.80	20.28	9.58
Total lipid (fat)	g	21.90	13.14	6.21
Carbohydrate, by difference	g	31.27	18.76	8.87
Fiber, total dietary	g	15.8	9.5	4.5
Minerals				
Calcium, Ca	mg	130	78	37
Iron, Fe	mg	4.74	2.84	1.34
Magnesium, Mg	mg	48	29	14
Phosphorus, P	mg	508	305	144
Potassium, K	mg	1358	815	385
Sodium, Na	mg	1	1	0
Zinc, Zn	mg	5.99	3.59	1.70
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.457	0.274	0.130
Riboflavin	mg	0.172	0.103	0.049
Niacin	mg	11.499	6.899	3.260
Vitamin B-6	mg	0.304	0.182	0.086
Folate, DFE	µg	133	80	38
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 D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	3.040	1.824	0.862
Fatty acids, total monounsaturated	g	10.866	6.520	3.081
Fatty acids, total polyunsaturated	g	6.921	4.153	1.962
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0