

## Basic Report 16155, Peanut butter, smooth, vitamin and mineral fortified

Report Date: July 24, 2019 00:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 32g	1 cup 258g
<b>Proximates</b>				
Water	g	1.47	0.47	3.79
Energy	kcal	591	189	1525
Protein	g	25.72	8.23	66.36
Total lipid (fat)	g	50.81	16.26	131.09
Carbohydrate, by difference	g	18.75	6.00	48.38
Fiber, total dietary	g	5.6	1.8	14.4
Sugars, total	g	10.47	3.35	27.01
<b>Minerals</b>				
Calcium, Ca	mg	43	14	111
Iron, Fe	mg	16.60	5.31	42.83
Magnesium, Mg	mg	355	114	916
Phosphorus, P	mg	368	118	949
Potassium, K	mg	667	213	1721
Sodium, Na	mg	420	134	1084
Zinc, Zn	mg	14.40	4.61	37.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.083	0.027	0.214
Riboflavin	mg	0.105	0.034	0.271
Niacin	mg	13.369	4.278	34.492
Vitamin B-6	mg	2.230	0.714	5.753
Folate, DFE	µg	540	173	1393
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1172	375	3024
Vitamin A, IU	IU	3907	1250	10080
Vitamin E (alpha-tocopherol)	mg	43.20	13.82	111.46

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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	0.6	0.2	1.5
<b>Lipids</b>				
Fatty acids, total saturated	g	10.125	3.240	26.122
Fatty acids, total monounsaturated	g	24.832	7.946	64.067
Fatty acids, total polyunsaturated	g	13.847	4.431	35.725
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0