

Basic Report 42291, Peanut butter, reduced sodium

Report Date: September 17, 2019 07:06 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 16g |
|--------------------------------|-------------|---------------------------------|-----------------------|
| Proximates | | | |
| Water | g | 1.10 | 0.18 |
| Energy | kcal | 590 | 94 |
| Protein | g | 24.00 | 3.84 |
| Total lipid (fat) | g | 49.90 | 7.98 |
| Carbohydrate, by difference | g | 21.83 | 3.49 |
| Fiber, total dietary | g | 6.6 | 1.1 |
| Sugars, total | g | 9.29 | 1.49 |
| Minerals | | | |
| Calcium, Ca | mg | 41 | 7 |
| Iron, Fe | mg | 1.90 | 0.30 |
| Magnesium, Mg | mg | 159 | 25 |
| Phosphorus, P | mg | 317 | 51 |
| Potassium, K | mg | 747 | 120 |
| Sodium, Na | mg | 203 | 32 |
| Zinc, Zn | mg | 2.78 | 0.44 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.120 | 0.019 |
| Riboflavin | mg | 0.110 | 0.018 |
| Niacin | mg | 13.690 | 2.190 |
| Vitamin B-6 | mg | 0.450 | 0.072 |
| Folate, DFE | µg | 92 | 15 |
| 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 | 9.05 | 1.45 |

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 16g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.6 | 0.1 |
| Lipids | | | |
| Fatty acids, total saturated | g | 7.716 | 1.235 |
| Fatty acids, total monounsaturated | g | 23.582 | 3.773 |
| Fatty acids, total polyunsaturated | g | 14.363 | 2.298 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |