

Full Report (All Nutrients) 45215166, DRY ROASTED UNSALTED PEANUTS, UPC: 075450124590
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Report Date: July 15, 2019 20:21 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Hy-Vee, Inc.

Nutrient	Unit	Data points	Std. Error	40.0 PIECES) (ABOUT 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	571
Protein	g	--	--	7.00	25.00
Total lipid (fat)	g	--	--	14.00	50.00
Carbohydrate, by difference	g	--	--	6.00	21.43
Fiber, total dietary	g	--	--	2.0	7.1
Sugars, total	g	--	--	1.00	3.57
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.72	2.57
Magnesium, Mg	mg	--	--	40	143
Phosphorus, P	mg	--	--	100	357
Potassium, K	mg	--	--	180	643
Sodium, Na	mg	--	--	0	0
Zinc, Zn	mg	--	--	0.90	3.21
Copper, Cu	mg	--	--	0.200	0.714
Manganese, Mn	mg	--	--	0.560	2.000
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.000	0.000
Niacin	mg	--	--	4.000	14.286
Pantothenic acid	mg	--	--	0.400	1.429

Nutrient	Unit	Data points	Std. Error	40.0 PIECES) (ABOUT 28g	1 Value Per100 g
Vitamin B-6	mg	--	--	0.080	0.286
Folate, total	µg	--	--	40	143
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.999	7.140
Fatty acids, total monounsaturated	g	--	--	7.000	25.000
Fatty acids, total polyunsaturated	g	--	--	4.500	16.070
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

PEANUTS. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*