

Basic Report 16087, Peanuts, all types, raw

Report Date: September 17, 2019 08:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup 146g
Proximates				
Water	g	6.50	1.84	9.49
Energy	kcal	567	161	828
Protein	g	25.80	7.31	37.67
Total lipid (fat)	g	49.24	13.96	71.89
Carbohydrate, by difference	g	16.13	4.57	23.55
Fiber, total dietary	g	8.5	2.4	12.4
Sugars, total	g	4.72	1.34	6.89
Minerals				
Calcium, Ca	mg	92	26	134
Iron, Fe	mg	4.58	1.30	6.69
Magnesium, Mg	mg	168	48	245
Phosphorus, P	mg	376	107	549
Potassium, K	mg	705	200	1029
Sodium, Na	mg	18	5	26
Zinc, Zn	mg	3.27	0.93	4.77
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.640	0.181	0.934
Riboflavin	mg	0.135	0.038	0.197
Niacin	mg	12.066	3.421	17.616
Vitamin B-6	mg	0.348	0.099	0.508
Folate, DFE	µg	240	68	350
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 E (alpha-tocopherol)	mg	8.33	2.36	12.16

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	6.279	1.780	9.167
Fatty acids, total monounsaturated	g	24.426	6.925	35.662
Fatty acids, total polyunsaturated	g	15.558	4.411	22.715
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0