

Basic Report 16390, Peanuts, all types, dry-roasted, without salt
Report Date: September 22, 2019 03:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 146g	1 oz 28.35g	1 peanut 1g
Proximates					
Water	g	1.81	2.64	0.51	0.02
Energy	kcal	587	857	166	6
Protein	g	24.35	35.55	6.90	0.24
Total lipid (fat)	g	49.66	72.50	14.08	0.50
Carbohydrate, by difference	g	21.26	31.04	6.03	0.21
Fiber, total dietary	g	8.4	12.3	2.4	0.1
Sugars, total	g	4.90	7.15	1.39	0.05
Minerals					
Calcium, Ca	mg	58	85	16	1
Iron, Fe	mg	1.58	2.31	0.45	0.02
Magnesium, Mg	mg	178	260	50	2
Phosphorus, P	mg	363	530	103	4
Potassium, K	mg	634	926	180	6
Sodium, Na	mg	6	9	2	0
Zinc, Zn	mg	2.77	4.04	0.79	0.03
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.152	0.222	0.043	0.002
Riboflavin	mg	0.197	0.288	0.056	0.002
Niacin	mg	14.355	20.958	4.070	0.144
Vitamin B-6	mg	0.466	0.680	0.132	0.005
Folate, DFE	µg	97	142	27	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	4.93	7.20	1.40	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	7.723	11.276	2.189	0.077
Fatty acids, total monounsaturated	g	26.181	38.224	7.422	0.262
Fatty acids, total polyunsaturated	g	9.773	14.269	2.771	0.098
Fatty acids, total trans	g	0.027	0.039	0.008	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0