

Peanuts, all types, oil-roasted, with salt

Refuse: 0%

NDB No: 16089 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	1.45	4	0.131
Energy	kcal	599	0	0.000
Energy	kJ	2506	0	0.000
Protein	g	28.03	4	0.455
Total lipid (fat)	g	52.50	4	0.601
Ash	g	2.75	4	0.063
Carbohydrate, by difference	g	15.26	0	0.000
Fiber, total dietary	g	9.4	4	0.096
Sugars, total	g	4.18	4	0.036
Sucrose	g	4.03	4	0.036
Glucose (dextrose)	g	0.08	4	0.000
Fructose	g	0.08	4	0.000
Lactose	g	0.00	4	0.000
Maltose	g	0.00	4	0.000
Galactose	g	0.00	4	0.000
Minerals				
Calcium, Ca	mg	61	4	3.454
Iron, Fe	mg	1.52	4	0.003

Magnesium, Mg	mg	176	4	3.660
Phosphorus, P	mg	397	4	5.852
Potassium, K	mg	726	4	6.090
Sodium, Na	mg	320	4	29.138
Zinc, Zn	mg	3.28	4	0.076
Copper, Cu	mg	0.533	4	0.016
Manganese, Mn	mg	1.845	4	0.050
Selenium, Se	mcg	3.3	4	0.103
Vitamins				
Vitamin C, total ascorbic acid	mg	0.8	3	0.000
Thiamin	mg	0.085	4	0.006
Riboflavin	mg	0.089	3	0.021
Niacin	mg	13.825	4	0.397
Pantothenic acid	mg	1.202	4	0.054
Vitamin B-6	mg	0.461	4	0.021
Folate, total	mcg	120	4	7.953
Folic acid	mcg	0	0	0.000
Folate, food	mcg	120	4	7.953
Folate, DFE	mcg_DFE	120	0	0.000
Choline, total	mg	55.3	0	0.000
Vitamin B-12	mcg	0.00	0	0.000
Vitamin B-12, added	mcg	0.00	0	0.000
Vitamin A, RAE	mcg_RAE	0	0	0.000
Retinol	mcg	0	0	0.000

Carotene, beta	mcg	0	1	0.000
Carotene, alpha	mcg	0	1	0.000
Cryptoxanthin, beta	mcg	0	1	0.000
Vitamin A, IU	IU	0	0	0.000
Lycopene	mcg	0	1	0.000
Lutein + zeaxanthin	mcg	0	1	0.000
Vitamin E (alpha-tocopherol)	mg	6.94	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	mcg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	mcg	0.0	4	0.000
Lipids				
Fatty acids, total saturated	g	8.686	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.038	4	0.000
10:0	g	0.038	4	0.000
12:0	g	0.038	4	0.000
14:0	g	0.038	4	0.000
15:0	g	0.038	4	0.000
16:0	g	5.045	4	0.107
17:0	g	0.057	4	0.003
18:0	g	1.402	4	0.030
20:0	g	0.668	4	0.010

22:0	g	1.325	4	0.025
Fatty acids, total monounsaturated	g	25.976	0	0.000
14:1	g	0.038	4	0.000
15:1	g	0.038	4	0.000
16:1 undifferentiated	g	0.038	4	0.000
17:1	g	0.038	4	0.000
18:1 undifferentiated	g	25.212	4	0.469
20:1	g	0.612	4	0.014
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	15.292	0	0.000
18:2 undifferentiated	g	15.103	4	0.159
18:3 undifferentiated	g	0.038	4	0.000
18:3 n-6 c,c,c	g	0.038	4	0.000
18:4	g	0.000	0	0.000
20:2 n-6 c,c	g	0.038	4	0.000
20:3 undifferentiated	g	0.038	4	0.000
20:4 undifferentiated	g	0.038	4	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.231	4	0.004
Threonine	g	0.610	4	0.014

Isoleucine	g	0.978	4	0.015
Leucine	g	1.812	4	0.026
Lysine	g	0.945	4	0.019
Methionine	g	0.291	4	0.029
Cystine	g	0.375	4	0.028
Phenylalanine	g	1.427	4	0.021
Tyrosine	g	1.006	4	0.012
Valine	g	1.146	4	0.011
Arginine	g	3.247	4	0.067
Histidine	g	0.655	4	0.006
Alanine	g	1.092	4	0.017
Aspartic acid	g	3.272	4	0.055
Glutamic acid	g	5.422	4	0.077
Glycine	g	1.621	4	0.020
Proline	g	1.173	4	0.023
Serine	g	1.285	4	0.019
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	1	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 23 (2010)