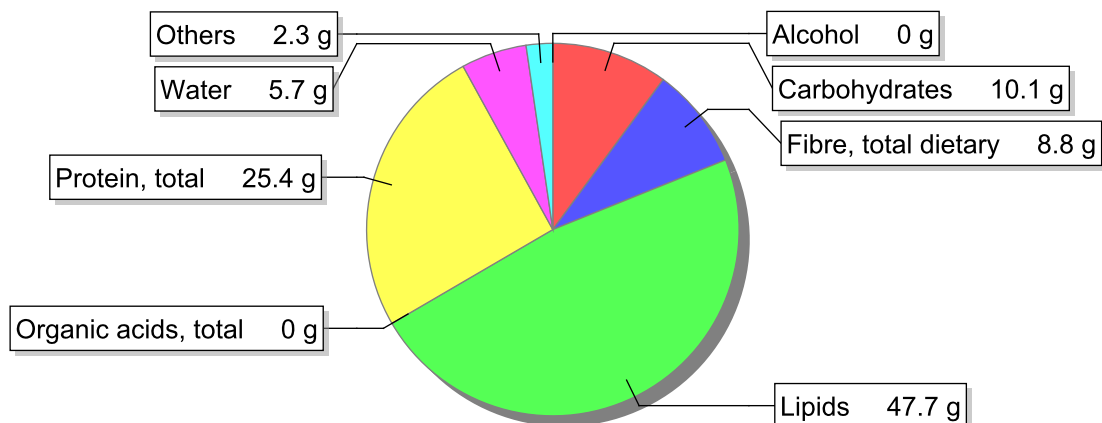


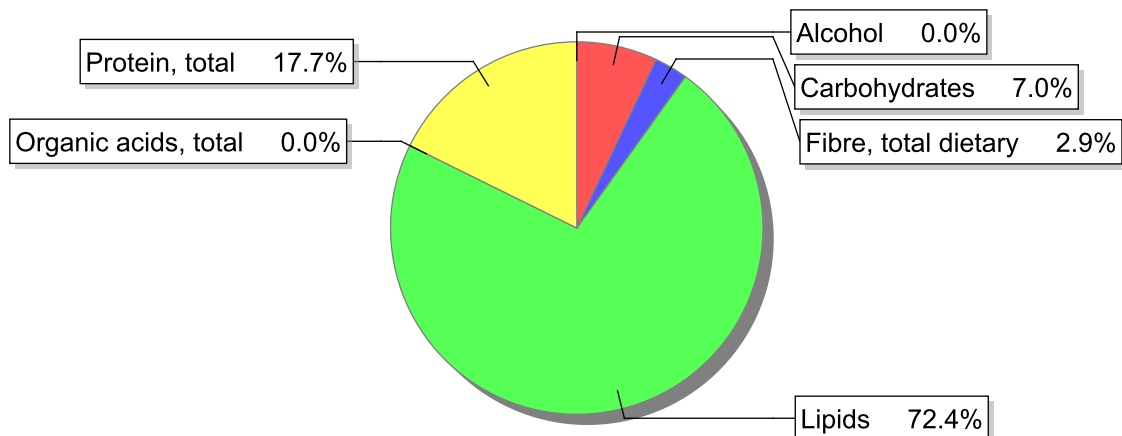
## Food

**Name:** Peanuts, kernel only  
**Group:** Fruit  
**Subgroup:** Fat and starchy fruit  
**Edible Part:** 100%  
**Code:** IS699  
**FoodEX2 Code:** A015H

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	589	kcal	
energy kJ, total metabolisable	2440	kJ	
fatty acids, total saturated	8.5	g	
fatty acids, total monounsaturated	21.8	g	
fatty acids, total polyunsaturated	14.8	g	
fatty acid 18:2 n-6 cis,cis	14.3	g	
fatty acids, total trans	0	g	
sugars, total	4.8	g	
sucrose	4.8	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.0	g	
<b>starch, total</b>	5.3	g	
<b>protein, total</b>	25.4	g	
<b>alcohol</b>	0	g	
<b>water</b>	5.7	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	9.9	mg	
<b>thiamin</b>	0.9	mg	
<b>riboflavin</b>	0.13	mg	
<b>niacin, preformed</b>	15	mg	
<b>niacin equivalents, total</b>	20	mg	
<b>niacin equivalents from tryptophan</b>	5.5	mg	
<b>vitamin B-6, total</b>	0.44	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	110	µg	
<b>ash</b>	2.60	g	
<b>sodium</b>	7	mg	
<b>potassium</b>	680	mg	
<b>calcium</b>	62	mg	
<b>phosphorus</b>	380	mg	
<b>magnesium</b>	180	mg	
<b>iron, total</b>	2.2	mg	
<b>zinc</b>	3.2	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References