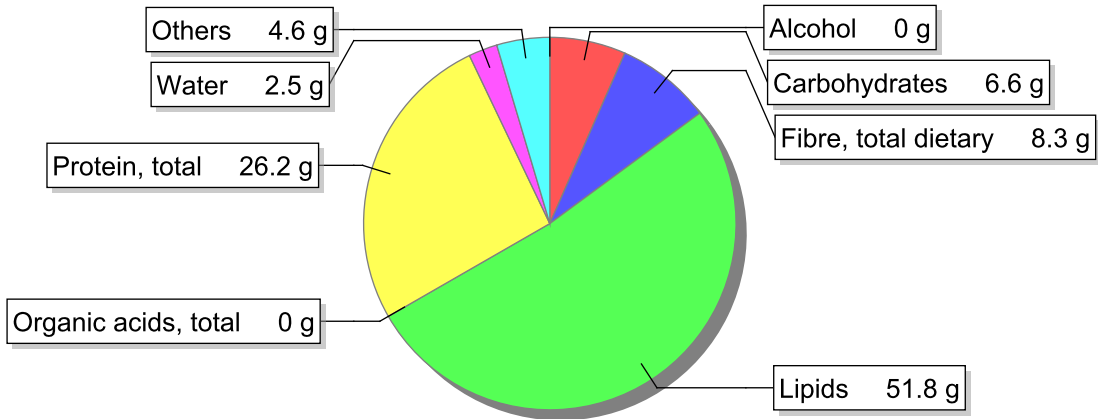


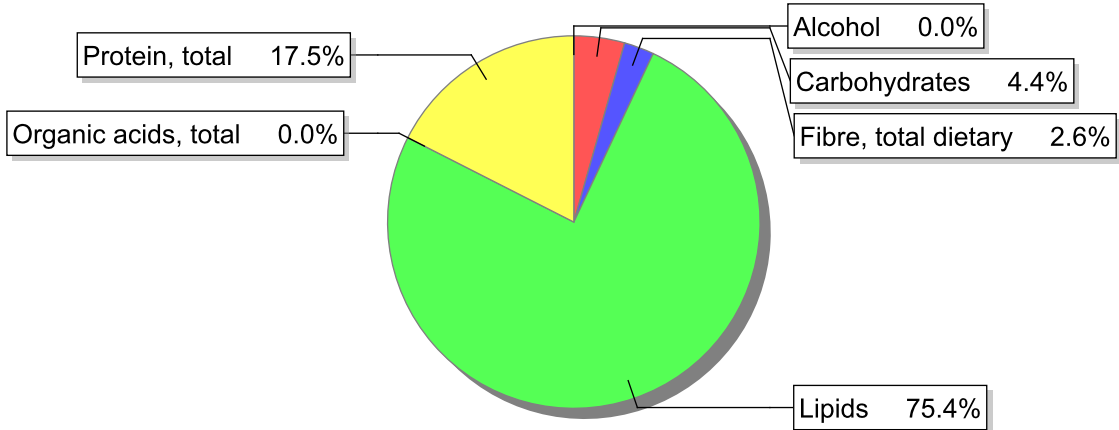
Food

Name: Peanuts, roasted and salted
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS701
FoodEX2 Code: A015H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	614	kcal	
energy kJ, total metabolisable	2540	kJ	
fatty acids, total saturated	9.2	g	
fatty acids, total monounsaturated	23.7	g	
fatty acids, total polyunsaturated	16.1	g	
fatty acid 18:2 n-6 cis,cis	15.5	g	
fatty acids, total trans	0	g	
sugars, total	3.6	g	
sucrose	3.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	8.3	g	
protein, total	26.2	g	
alcohol	0	g	
water	2.5	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.66	mg	
thiamin	0.22	mg	
riboflavin	0.13	mg	
niacin, preformed	14	mg	
niacin equivalents, total	19	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.47	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	52	µg	
ash	3.60	g	
sodium	420	mg	
potassium	820	mg	
calcium	35	mg	
phosphorus	360	mg	
magnesium	160	mg	
iron, total	1.2	mg	
zinc	2.7	mg	

Legend

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

References