

# Nutritional Value of Peanuts

Raw Peanuts - 100g		
Nutrient	Units	Value per 100 gm
<b>Proximates</b>		
Water	g	6.50
Energy	kcal	567
Energy	kJ	2374
Protein	g	25.80
Total lipid (fat)	g	49.24
Ash	g	2.33
Carbohydrate, by difference	g	16.13
Fibre, total dietary	g	8.5
Sugars, total	g	3.97
<b>Minerals</b>		
Calcium	mg	92
Iron	mg	4.58
Magnesium	mg	168
Phosphorus	mg	376
Potassium	mg	705
Sodium	mg	18
Zinc	mg	3.27
Copper	mg	1.144
Manganese	mg	1.934
Selenium	mcg	7.2
<b>Vitamins</b>		
Thiamine	mg	0.640
Riboflavin	mg	0.135
Niacin	mg	12.066
Pantothenic acid	mg	1.767
Vitamin B6	mg	0.348
Folate, total	mcg	240
Vitamin E	mg	8.33
<b>Lipids</b>		
Fatty acids, total saturated	g	6.834
Fatty acids, total monounsaturated	g	24.429
Fatty acids, total polyunsaturated	g	15.559
Cholesterol	mg	0
Phytosterols	mg	220
<b>Amino acids</b>		
Tryptophan	g	0.250
Threonine	g	0.883
Isoleucine	g	0.907
Leucine	g	1.672
Lysine	g	0.926
Methionine	g	0.317
Cystine	g	0.331
Phenylalanine	g	1.337
Tyrosine	g	1.049
Valine	g	1.082
Arginine	g	3.085

Histidine	g	0.652
Alanine	g	1.025
Aspartic acid	g	3.146
Glutamic acid	g	5.390
Glycine	g	1.554
Proline	g	1.138
Serine	g	1.271

Source: USDA National Nutrient Database for Standard Reference  
Release 18 (2005): "Nutritive Value Peanuts (All Types - Raw)"

### Oven Roasted Unsalted Peanuts - 100g

<b>Food Energy</b>		592kcal
Protein		24g
Carbohydrate (total)		21.4g
Dietary fibre		8.2g
<b>Lipids</b>		
Saturated fat		7g
Monounsaturated fat		25g
Polyunsaturated fat		15.7g
GMO		NIL

### Oil Roasted Unsalted Peanuts - 100g

<b>Food Energy</b>		588kcal
Protein		26.8g
Carbohydrate (total)		19.3g
Dietary fibre		7.1g
<b>Lipids</b>		
Saturated fat		7g
Monounsaturated fat		25g
Polyunsaturated fat		15.7g
GMO		NIL