



**Food ID:** C034

**Food name and Description:** Peanut w/ shell

**Scientific name:** *Arachis hypogaea*

**Alternate/Common name(s):** Mani, may balat

**Edible portion:** 67%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	31.5
Energy, calculated (kcal)	401
Protein (g)	17.4
Total Fat (g)	26.6
Carbohydrate, total (g)	22.9
Ash, total (g)	1.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.2
Sugars, total (g)	3.5

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	61
Phosphorus, P (mg)	283
Iron, Fe (mg)	2.5
Sodium, Na (mg)	13

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.84
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	9.5
Niacin from tryptophan (mg)	8.2
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.39
Fatty acids, monounsaturated, total (g)	13.2
Fatty acids, polyunsaturated, total(g)	8.4

Cholesterol (mg)

0