



Food ID: C035

Food name and Description: Peanut w/ shell, boiled

Scientific name: *Arachis hypogaea*

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

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.9
Energy, calculated (kcal)	315
Protein (g)	13
Total Fat (g)	22.4
Carbohydrate, total (g)	15.3
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.7
Sugars, total (g)	2.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	194
Iron, Fe (mg)	1.6
Sodium, Na (mg)	10

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)	0.56
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.86
Fatty acids, monounsaturated, total (g)	11.11
Fatty acids, polyunsaturated, total(g)	7.08
Cholesterol (mg)	0