



Food ID: C036

Food name and Description: Peanut w/ skin, roasted

Scientific name: *Arachis hypogaea*

Alternate/Common name(s): Mani, may balok, binusa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5.1
Energy, calculated (kcal)	621
Protein (g)	32.1
Total Fat (g)	50.7
Carbohydrate, total (g)	9.1
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	75
Phosphorus, P (mg)	413
Iron, Fe (mg)	4.6
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.52
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	16.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.88
Fatty acids, monounsaturated, total (g)	26.73
Fatty acids, polyunsaturated, total(g)	9.98
Cholesterol (mg)	0