



Food ID: C037

Food name and Description: Peanut w/o skin

Scientific name: *Arachis hypogaea*

Alternate/Common name(s): Mani, walang balok

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5.4
Energy, calculated (kcal)	617
Protein (g)	25.8
Total Fat (g)	49.5
Carbohydrate, total (g)	17.1
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.6
Sugars, total (g)	4.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	67
Phosphorus, P (mg)	376
Iron, Fe (mg)	2.7
Sodium, Na (mg)	18

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)	0.28
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	12.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.31
Fatty acids, monounsaturated, total (g)	24.55
Fatty acids, polyunsaturated, total(g)	15.64
Cholesterol (mg)	0