

**Food ID:** C038**Food name and Description:** Peanut w/o skin, roasted**Scientific name:** *Arachis hypogaea***Alternate/Common name(s):** Mani, walang balok, binusa**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	3.8
Energy, calculated (kcal)	629
Protein (g)	33.2
Total Fat (g)	51.8
Carbohydrate, total (g)	7.6
Ash, total (g)	3.6

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

Fiber, total dietary (g)	8.2
Sugars, total (g)	-

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

Calcium, Ca (mg)	75
Phosphorus, P (mg)	417
Iron, Fe (mg)	2.7
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)	0.17
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	13.9
Niacin from tryptophan (mg)	5.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	7.62
Fatty acids, monounsaturated, total (g)	27.31
Fatty acids, polyunsaturated, total(g)	13.28

Cholesterol (mg)

0