



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