



**Food ID:** C058

**Food name and Description:** Peanut butter

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	0.3
Energy, calculated (kcal)	616
Protein (g)	25.4
Total Fat (g)	45.4
Carbohydrate, total (g)	26.4
Ash, total (g)	2.5

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

Fiber, total dietary (g)	5.8
Sugars, total (g)	10.4

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

Calcium, Ca (mg)	116
Phosphorus, P (mg)	370
Iron, Fe (mg)	0.8
Sodium, Na (mg)	426

### **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	8.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	8.02
Fatty acids, monounsaturated, total (g)	21.98
Fatty acids, polyunsaturated, total(g)	11.87
Cholesterol (mg)	0