



Food ID: C059

Food name and Description: Peanut butter, choc flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	0.6
Energy, calculated (kcal)	631
Protein (g)	17.2
Total Fat (g)	48.2
Carbohydrate, total (g)	32
Ash, total (g)	2

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)	133
Phosphorus, P (mg)	298
Iron, Fe (mg)	1.5
Sodium, Na (mg)	425

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	5.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.52
Fatty acids, monounsaturated, total (g)	23.33
Fatty acids, polyunsaturated, total(g)	12.61
Cholesterol (mg)	0