



**Food ID:** C060

**Food name and Description:** Peanut cracker

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	1.6
Energy, calculated (kcal)	541
Protein (g)	23
Total Fat (g)	31.2
Carbohydrate, total (g)	42.1
Ash, total (g)	2.1

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

Fiber, total dietary (g)	3.3
Sugars, total (g)	17.3

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

Calcium, Ca (mg)	58
Phosphorus, P (mg)	243
Iron, Fe (mg)	3.7
Sodium, Na (mg)	530

## **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)	0.19
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	8.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	7.43
Fatty acids, monounsaturated, total (g)	12.37
Fatty acids, polyunsaturated, total(g)	9.97
Cholesterol (mg)	0