



**Food ID:** M038

**Food name and Description:** Peanut brittle w/ sesame seed

**Scientific name:** N/A

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

**Edible portion:** 100%

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

Water (g)	2.6
Energy, calculated (kcal)	522
Protein (g)	14
Total Fat (g)	27.6
Carbohydrate, total (g)	54.4
Ash, total (g)	1.4

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

Fiber, total dietary (g)	2.5
Sugars, total (g)	50.3

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

Calcium, Ca (mg)	52
Phosphorus, P (mg)	174
Iron, Fe (mg)	1.4
Sodium, Na (mg)	436

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

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	13
Retinol Activity Equivalent, RAE (µg)	56
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	6.03
Fatty acids, monounsaturated, total (g)	11.73
Fatty acids, polyunsaturated, total(g)	6.63
Cholesterol (mg)	17