

08/03/2015



185 Peanut Drive - P.O. Box 465 - Edenton, NC 27932

Toll Free: (800)334-4771 - Phone: (252)482-2193 - Fax: (252)482-7857

Product: Medium Granulated Peanuts

Item #: 541015

Water (g)	1.55
Calories (kcal)	585
Protein (g)	23.68
Fat (g)	49.66
Carbohydrates (g)	21.51
Dietary Fiber (g)	8
Sugars (g)	4.18
Ash (g)	3.6
Minerals	
Calcium (mg)	54
Iron, Fe (mg)	2.26
Magnesium, Mg (mg)	176
Phosphorus, P (mg)	358
Potassium, K (mg)	658
Sodium, Na (mg)	6
Zinc, Zn (mg)	3.31
Vitamins	
Vitamin C (mg)	0
Thiamin (mg)	0.438
Riboflavin (mg)	0.098
Niacin (mg)	13.525
Vitamin B-6 (mg)	0.256
Folate (ug)	145
Vitamin B-12 (ug)	0
Vitamin A (ug)	0
Vitamin E (mg)	6.93
Vitamin D (ug)	0
Lipids	
Fatty Acids, total Sat. (g)	6.89
Fatty Acids, total M. Sat. (g)	24.64
Fatty Acids, total P. Sat. (g)	15.694
Cholesterol (mg)	0
Other	

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Caffeine (mg)	0
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