

**NUTRITIONAL INFORMATION**

**PRODUCT NAME:**

**Peanuts, Jumbo Runners, Raw**

**JIMBO'S JUMBOS**

**ADDRESS: P.O. BOX 465**

**PH. 252 482-2222**

**EDENTON, NC 27932**

**FAX 252 482-3151**

<b>Calories (kcal)</b>	<b>563</b>		<b>Calories from Fat</b>	<b>407</b>
<b>Moisture (g)</b>	<b>6.89</b>		<b>Fat (g)</b>	<b>48.85</b>
<b>Protein (g)</b>	<b>25.19</b>		<b>Saturated Fat (g)</b>	<b>6.35</b>
<b>Ash (g)</b>	<b>2.61</b>			
<b>Carbohydrates(by difference)</b>	<b>16.54</b>		<b>Monounsaturated Fat (g)</b>	<b>25.29</b>
<b>Sugars (g)</b>	<b>3.95</b>		<b>Polyunsaturated Fat (g)</b>	<b>14.71</b>
<b>Total Dietary Fiber (g)</b>	<b>8.5</b>		<b>Cholesterol (mg)</b>	<b>0</b>
<b>Insoluble Fiber (g)</b>	<b>8.5</b>		<b>Trans Fatty Acid (g)</b>	<b>0</b>
<b>Vitamin A (IU)</b>	<b>0</b>		<b>Zinc (mg)</b>	<b>4.43</b>
<b>Vitamin C (mg) ascorbic acid</b>	<b>0</b>		<b>Copper (mg)</b>	<b>1.11</b>
<b>Thiamin (mg)</b>	<b>0.65</b>		<b>Iron (mg)</b>	<b>2.55</b>
<b>Niacin (mg)</b>	<b>12.38</b>		<b>Calcium (mg)</b>	<b>86</b>
<b>Riboflavin (mg)</b>	<b>0.112</b>		<b>Potassium (mg)</b>	<b>690</b>
<b>Vitamin E (mg) Alpha-tocopherol</b>	<b>6.56</b>		<b>Sodium (mg)</b>	<b>10</b>
<b>Vitamine D (mg)</b>	<b>0</b>		<b>Phosphorous (mg)</b>	<b>380</b>
<b>Pantothenic Acid (mg)</b>	<b>1.759</b>		<b>Magnesium (mg)</b>	<b>171</b>
<b>Folic Acid (mcg)</b>	<b>0</b>			
<b>Folate, Food (mcg)</b>	<b>239</b>			

**NUTRITIONAL INFORMATION BASED ON A 100 GRAM SAMPLE**

**g=gram,mg=milligram,I.u.=international units, and ne=niacin equivalent**