

Nutritional Analysis of Bold/Runner Peanut Seeds

Physical Analysis		
Color	Red Skinned	
Quality	Premium	
Odor	Creamy and Nutty	
Taste	Original (Nutty)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	585.00	46.80
Total Fat	49.70 g	3.98 g
Saturated Fat	6.90 g	0.55 g
Monounsaturated Fat	24.60 g	1.97 g
Polyunsaturated Fat	15.70 g	1.26 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	3.00 mg	0.24 mg
Total Omega - 6 fatty acids	15691.00 mg	1255.28 mg
Total Carbohydrates	21.50 g	1.72 g
Dietary Fiber	8.00 g	0.64 g
Sugars	4.20 g	0.34 g
Protein	23.70 g	1.90 g
Cholesterol	0.00 g	0.00 g
Vitamin E	6.90 mg	0.55 mg
Vitamin B6	0.30 mg	0.02 mg
Thiamin	0.40 mg	0.03 mg
Riboflavin	0.10 mg	0.01 mcg
Choline	55.30 mg	4.42 mg
Folate	145.00 mcg	11.60 mcg
Naicin	13.50 mg	1.08 mg
Calcium	54.00 mg	4.32 mg
Iron	2.30 mg	0.18 mg
Magnesium	176.00 mg	14.08 mg
Phosphorus	358.00 mg	28.64 mg
Potassium	658.00 mg	52.64 mg
Sodium	6.00 mg	0.48 mg
Zinc	3.30 mg	0.26 mg



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