



Creamy Peanut Butter Item 549705

Nutrient Analysis
Source: Custom

Yield: 1 (100.000 gram(s))
No. Ingredients: 4

Category: Basic Food
Manufacturer: (None)

Nutrient Goal Template:
DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	572.663	kcal	2000.000	29 %
Kilojoules	2228.827	kJ		
Protein	22.098	g	50.000	44 %
Carbohydrate	24.813	g	275.000	9 %
Available Carbohydrate				
Fat, Total	45.066	g	78.000	58 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	8.996	g	20.000	45 %
Monounsaturated Fat	23.767	g		
Polyunsaturated Fat	8.872	g		
SFA 4:0	0.000	g		
SFA 6:0	0.000	g		
SFA 8:0	0.000	g		
SFA 10:0	0.000	g		
SFA 12:0, Lauric	0.000	g		
SFA 14:0	0.015	g		
SFA 16:0, Palmitic	3.614	g		
SFA 17:0	0.037	g		
SFA 18:0, Stearic	1.089	g		
SFA 20:0	0.522	g		
SFA 22:0	1.104	g		
MFA 14:1	0.000	g		
MFA 16:1	0.028	g		
MFA 18:1, Oleic	23.082	g		
MFA 20:1	0.569	g		
MFA 22:1	0.050	g		
PFA 18:2, Linoleic	8.816	g		
PFA 18:3, Linolenic	0.024	g		
PFA 18:4	0.000	g		
PFA 20:4	0.015	g		
PFA 20:5, EPA	0.000	g		
PFA 22:5	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.025	g		
Sum of Trans Fat and Sat Fat				
Sodium	490.457	mg	2300.000	21 %
Potassium	575.405	mg	4700.000	12 %
Chloride	747.500	mg	2300.000	33 %
Vitamin A (RE)	0.000	RE		
Vitamin A (IU)	0.000	IU	5000.000	0 %
Vitamin A (RAE)	0.000	mcg	900.000	0 %
Total Carotenoid	0.000	RE		
Beta-Carotene	0.000	mcg		
Alpha-Carotene	0.000	mcg		
Lutein (+ Zeaxanthin)	0.000	mcg		
Beta-Cryptoxanthin	0.000	mcg		
Lycopene	0.000	mcg		
Vitamin C	0.000	mg	90.000	0 %
Calcium	59.210	mg	1300.000	5 %
Iron	1.437	mg	18.000	8 %
Vitamin D (ug)	0.000	mcg	20.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)			20.000	
Vitamin E (IU)	0.000	IU	30.000	0 %
Vitamin E	4.474	mg	15.000	30 %
(Alpha-Tocopherol)				
Thiamin	0.138	mg	1.200	11 %
Riboflavin	0.179	mg	1.300	14 %
Niacin	13.027	mg	20.000	65 %

Nutrient	Value	Unit	Goal	%
Niacin Equivalent	16.506	mg	16.000	103 %
Pyridoxine (Vitamin B6)	0.423	mg	1.700	25 %
Folate (Total)	88.028	mcg	400.000	22 %
Folate (DFE)	88.028	mcg	400.000	22 %
Folic Acid	0.000	mcg		
Cobalamin (Vitamin B12)	0.000	mcg	2.400	0 %
Biotin		mcg	30.000	
Pantothenic Acid	0.917	mg	5.000	18 %
Vitamin K	0.000	mcg	120.000	0 %
Phosphorus	329.459	mg	1250.000	26 %
Iodine		mcg	150.000	
Magnesium	161.660	mg	420.000	38 %
Zinc	2.514	mg	11.000	23 %
Copper	0.388	mg	0.900	43 %
Manganese	1.621	mg	2.300	70 %
Selenium	8.440	mcg	55.000	15 %
Fluoride		mcg		
Chromium		mg	0.035	
Molybdenum		mcg	45.000	
Choline	58.625	mg	550.000	11 %
Dietary Fiber, Total	7.623	g	28.000	27 %
Soluble Fiber	0.182	g		
Insoluble Fiber	5.992	g		
Crude Fiber		g		
Sugar, Total	9.967	g		
Added Sugars	5.520	g	50.000	11 %
Glucose	0.000	g		
Galactose	0.000	g		
Fructose	0.000	g		
Sucrose	4.447	g		
Lactose	0.000	g		
Maltose	0.000	g		
Tryptophan	208.725	mg		
Threonine	735.983	mg		
Isoleucine	755.948	mg		
Leucine	1393.013	mg		
Lysine	771.375	mg		
Methionine	264.083	mg		
Cystine	275.880	mg		
Phenylalanine	1113.503	mg		
Tyrosine	873.923	mg		
Valine	901.148	mg		
Arginine	2570.040	mg		
Histidine	543.593	mg		
Alanine	853.958	mg		
Aspartic Acid	2620.860	mg		
Glutamic Acid	4491.218	mg		
Glycine	1295.002	mg		
Proline	948.338	mg		
Serine	1059.052	mg		
Glutamine		mg		
Taurine		mg		
Moisture	1.643	g		
Ash	3.899	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		

Percentage of Kcals

Protein	14.9%
Carbohydrate	16.7%
Fat, total	68.4%
Alcohol	0.0%