

Partially Defatted Peanut Flour

Nutritional Information for 12% Flour

Product Code # 001200

Protein Plus, LLC

P.O. Box 100, Fitzgerald, Georgia 31750

PH: 229-423-5528 • FX: 229-423-5530

www.proteinplusflour.com

Proximates	Units per 100g	Typical Values
Water	g	2.50
Energy	Kcal	364.44
Energy	Kj	1523.40
Protein	g	53.00
Total Lipid (fat)	g	13.00
Carbohydrate, by difference	g	25.40
Fiber, total dietary	g	14.04
Ash	g	6.10

Minerals

Calcium, Ca	mg	69.60
Iron, Fe	mg	3.00
Magnesium, Mg	mg	309.00
Phosphorus, P	mg	628.07
Potassium, K	mg	1154.40
Sodium, Na	mg	10.53
Zinc, Zn	mg	5.81
Copper, Cu	mg	1.18
Manganese, Mn	mg	3.65
Selenium, Se	mcg	13.16

Vitamins

Vitamin C, total ascorbic acid	mg	0.00
Thiamin	mg	0.77
Riboflavin	mg	0.17
Niacin	mg	23.73
Pantothenic acid	mg	2.45
Vitamin B-6	mg	0.45
Folate, total	mcg	254.91
Vitamin B-12	mcg	0.00
Vitamin A, IU	IU	0.00
Vitamin A, RAE	mcg_RAE	0.00
Vitamin E	mg_ATE	2.03

NUTRITIONAL INFORMATION FOR 12% FLOUR - CONTINUED

Lipids

Fatty acids, saturated	0%	2.16
4:0	0%	0.00
6:0	0%	0.00
8:0	0%	0.00
10:0	0%	0.00
12:0	0%	0.00
14:0	0%	0.00
16:0	0%	1.22
18:0	0%	0.29
20:0	0%	0.13
22:0	0%	0.39
24:0	0%	0.13
Fatty acids, monounsaturated	0%	6.18
16:1	0%	0.00
18:1	0%	5.98
20:1	0%	0.20
22:1	0%	0.00
Fatty acids, polyunsaturated	0%	4.68
18:2	0%	4.68
18:3	0%	trace
18:4	0%	0.00
20:4	0%	0.00
20:5	0%	0.00
22:5	0%	0.00
22:6	0%	0.00
Cholesterol	mg	0.00

Amino acids

Tryptophan	0%	0.49
Threonine	0%	1.75
Isoleucine	0%	1.79
Leucine	0%	3.30
Lysine	0%	1.83
Methionine	0%	0.63
Cystine	0%	0.65
Phenylalanine	0%	2.64
Tyrosine	0%	2.07
Valine	0%	2.14
Arginine	0%	6.11
Histidine	0%	1.29
Alanine	0%	2.03
Aspartic acid	0%	6.24
Glutamic acid	0%	10.68
Glycine	0%	3.08
Proline	0%	2.25
Serine	0%	2.52

Ⓢ All Protein Plus, LLC nutritional ingredients are Kosher Certified.