

# Peanuts

The peanut, also known as the groundnut, goober, Pindar, or monkey nut, is a legume crop grown mainly for its edible seeds. Apart from oil, peanuts are widely used for the production of peanut butter, confections, roasted peanuts, snack products, extenders in meat product formulation, soups, and desserts. Peanuts are consumed all over the world in a wide variety of forms, most of which are traditional cuisine.

## Types of Peanuts

1. **Peanuts Kernels (Ashford type)** Size medium seeds 176-212 seeds/100 grams (50/60)
2. **Peanuts Kernels Barberton type (Spanish)** Size medium seeds 247-282 seeds/100 grams (70/80)
3. **Peanuts Kernels Java Type** Peanuts in shell size (9/11)

Nutrients per 100 grams in raw peanuts:

Calories 567 calories Water 7%, protein 25.8 grams, carbohydrates 16.1 grams, sugar 4.7 grams.

Fats 49.2 grams, of which saturated fat 6.28 grams and monounsaturated 24.43 grams and polyunsaturated 15.56 grams omega6 15.56 grams, antioxidants Peanuts have antioxidant properties due to the presence of vitamin B group

Folic acid - Niacin - Pantothenic acid - Pyridoxine - Riboflavin - Thiamine.