



Peanuts 2

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ARRAY

FOOD.BRAND

FOOD.CATEGORY

Nutrients

CALORIES	623 kcal (per 100g)
PROTEIN	26.1g (per 100g)
FAT	49.1g (per 100g)
CARBOHYDRATES	14.8g (per 100g)
FIBER	9.0g (per 100g)

Detailed Nutrient List

David Janitzek Diets
Premium
Krumbacher Straße 26
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Bank: Deutsche Bank
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SWIFT (BIC): DEUTDEDB720

FAT

FATTY SATURATED

49.1 g

8.4 g



FATTY MONOUNSATURATED	25.5 g
FATTY POLYUNSATURATED	12.9 g
CARBOHYDRATE	14.8 g
SUGAR	5.9 g
PROTEIN	26.1 g
WATER	2.2 g
VITAMIN B1 (THIAMIN)	0.6 mg
VITAMIN B2 (RIBOFLAVIN)	0.43 mg
VITAMIN B6 (PYRIDOXINE)	0.02 mg
VITAMIN B3 (NIACIN)	12 mg
VITAMIN B9 (FOLATE)	101.7 µg
VITAMIN B5 (PANTOTHENIC ACID)	2.48 mg
VITAMIN K	710 µg
NATRON	18 g
CHLORINE	7 mg
CALCIUM	65 mg
MAGNESIUM	160 mg
PHOSPHORUS	380 mg
IRON	1.6 mg
IODINE	13 µg
ZINC	4 mg
SELENIUM	30 µg
VITAMIN E	24.2 mg

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 Premium **FIBER**
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 625 mg



SODIUM	18 mg
SALT	45 g
CHOLESTEROL	0 mg
FATTY TRANS	0.03 g
OMEGA 3	0.01 g
OMEGA 6	12.8 g
COPPER	1.144 mg
MANGANESE	1.934 mg
ASH	2.3 g
FIBER SOLUBLE	1.5 g
FIBER INSOLUBLE	7.5 g
SULFUR	190 mg
PHYTOSTEROLS	220 mg
ARGININE	3.1 g
GLUTAMIC ACID	5.4 g
BETA-SITOSTEROL	135 mg
LUTEIN + ZEAXANTHIN	0.015 mg
STARCH	8.5 g
SUCROSE	4.7 g
GLUCOSE	0.1 g
FRUCTOSE	0.1 g
TRYPTOPHAN	0.25 g
THREONINE	0.85 g

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SOLEUCINE
LEUCINE
1.67 g



LYSINE	0.91 g
METHIONINE	0.3 g
PHENYLALANINE	1.33 g
VALINE	1.05 g
HISTIDINE	0.64 g
CYSTEINE	0.33 g
TYROSINE	1.04 g
GLYCINE	1.5 g
PROLINE	1.13 g
SERINE	1.25 g
ALANINE	1.01 g
ASPARTIC ACID	3.08 g
GLUTAMINE	5.2 g
HYDROXYPROLINE	0 g
BETA-CAROTENE	0 µg
VITAMIN D	0 µg
VITAMIN C (ASCORBIC ACID)	0 mg
VITAMIN B12 (COBALAMIN)	0 µg
CHROMIUM	0.013 µg
MOLYBDENUM	0.18 µg
VITAMIN B4 (CHOLINE)	52.5 mg
VITAMIN B7 (BIOTIN)	34 mg
WITAMINE B8 (INOSITOL)	0 mg

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BORON
 1.7 mg
NICKEL
 0.3 mg



SILICA	0 mg
COBALT	0 µg
FLUORIDE	0 mg
SUGAR ADDED	0 g
TOTAL SUGAR ALCOHOLS	0 g
GLICEMIC INDEX	14 µg
ALCOHOL	0 g
OXALIC ACID	0.19 mg
COMPLETE PROTEIN	26.1 g
PROTEIN PLANT	26.1 g
PROTEIN ANIMAL	0 g
TOTAL CARBOHYDRATES	14.8 g
TOTAL FAT	49.1 g
TOTAL PROTEIN	26.1 g
FOLATE	101.7 µg
VITAMIN A	0 µg
VITAMIN ARE	0 µg
CAROTENE BETA	15 mg
VITAMIN D3	0 µg
CHLORIDE	210 mg

The information contained in this document is for educational purposes only and does not replace medical advice.

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