

## Peanut Butter, Smooth

MyPlate Food Group: **Protein**



### Product Description

- Peanut butter is finely ground peanuts with a smooth texture. Peanut butter has added vegetable oil.

### Storage

- Store unopened peanut butter in a cool, dry place.
- Store opened peanut butter tightly in its original container.
- Do not freeze peanut butter.

### Uses and Tips

- Try spreading it on bread with jelly or jam, honey, or sliced bananas.
- Add peanut butter to breads, muffins, and cookie batter.
- Peanut butter can be used in sauces, dips, soups, and stews.

### Nutrition Information

- 2 tablespoons of peanut butter counts as 2 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 2 tablespoons (32g) smooth peanut butter

### Amount Per Serving

**Calories** 188      **Calories from Fat** 140

### -% Daily Value\*

<b>Total Fat</b> 0g	<b>24%</b>
Saturated Fat 0g	<b>15%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>3%</b>
Dietary Fiber 4g	<b>8%</b>
Sugars <1g	
<b>Protein</b> 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Spicy Peanut Vegetables

Makes about 4 servings

### Ingredients

1 tablespoon peanut butter  
2 tablespoons lite sodium soy sauce  
1 tablespoon sugar  
1 tablespoon lemon juice  
½ cup water  
½ teaspoon red pepper flakes  
Nonstick cooking spray  
1 onion, sliced  
1 green pepper, sliced  
3 carrots, sliced  
1 zucchini, sliced

*Recipe adapted from Food.com*

### Directions

1. Combine peanut butter, soy sauce, sugar, lemon juice, water, and red pepper in a bowl, stirring to combine.
2. Spray a large saucepan with nonstick cooking spray. Over medium heat, cook onion until soft, stirring once in awhile.
3. Add green pepper, carrots, and zucchini, and cook until soft.
4. Pour sauce over vegetables and cook 1 minute.
5. Serve while hot or refrigerate.

## Peanut Butter Cookies

Makes about 12 servings

### Ingredients

⅔ cup peanut butter  
⅔ cup sugar  
1 egg  
1 teaspoon vanilla extract

*Recipe adapted from Food.com*

### Directions

1. Preheat oven to 350 degrees F
2. Combine all ingredients together in a large bowl and mix well.
3. Drop the batter by the tablespoon onto a baking sheet. Flatten cookies with a fork
4. Bake 15 minutes.