

Peanuts, Roasted, Unsalted

MyPlate Food Group: **Protein**



Product Description

- Roasted peanuts are made from Runner, Virginia, or Spanish variety of peanuts. They are roasted in oil, and may contain small pieces of chopped roasted peanuts.

Storage

- Store unopened cans in a cool, dry place.
- Store opened peanuts in an air-tight container not made from metal or tightly closed plastic bag in the refrigerator.

Uses and Tips

- Roasted peanuts are a great snack eaten right out of the package.
- Stir chopped roasted peanuts into cereal, yogurt, or cooked hot cereal like oatmeal or farina. Also try sprinkling peanuts onto cooked vegetables or rice.
- Add roasted peanuts to breads, muffins, and cookies.
- Mix roasted peanuts with pretzels, cereal, and dried fruit for an easy snack mix.

Nutrition Information

- 1 ounce (about 28 peanuts) of nuts 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
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 ounce (14g) peanuts, oil roasted, unsalted

Amount Per Serving			
Calories	80	Calories from Fat	60
-% Daily Value*			
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	3g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

*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**Asian Noodle Bowl****Makes about 6 servings****Ingredients**

1 pound egg noodles, uncooked
2 teaspoons vegetable oil
2 garlic cloves, chopped
1 teaspoon chili powder
1 can (about 15 ounces) low-sodium mixed vegetables, drained
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup barbecue sauce
1 tablespoon peanut butter
 $\frac{1}{4}$ cup roasted peanuts, chopped

Directions

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts

Tip

Try adding chopped cooked chicken, turkey, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.

Recipe adapted from Food.com

Peanut Snack Mix**Makes about 10 servings****Ingredients**

1 cup roasted peanuts
 $\frac{1}{2}$ cup chocolate chips
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup dried cranberries (if you like)
1 cup bite-sized pretzels

Directions

1. Combine all ingredients together in a large bowl and mix well. If using dried cranberries, add that too.
2. Store in an airtight container.

Recipe adapted from Food.com