



Peanuts, Roasted, Unsalted

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of peanuts counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Peanuts supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Roasted peanuts make a great snack and can be used to make your own trail mix.
- Add roasted peanuts and fruit to yogurt for a quick and healthy breakfast or mid-day snack.
- Add roasted peanuts to baked goods such as muffins for an added source of protein.

Storing Foods at Home

- Store unopened packages in a cool, clean, dry place.
- Store remaining opened peanuts in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Make-Your-Own Snack Mix

Makes 4 servings

Ingredients:

1 cup toasted oat cereal

¼ cup unsalted dry roasted peanuts (or other unsalted nut)

¼ cup raisins

¼ cup dried cranberries

Directions: Wash hands with soap and water.

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

Recipe adapted from National Institutes of Health

Spicy Stir Fried Broccoli and Peanuts*

Makes 4 servings

Ingredients:

⅓ cup creamy natural peanut butter

½ cup water (divided)

2 tablespoons brown sugar

2 tablespoons reduced-sodium soy sauce (divided)

1 tablespoon rice vinegar

2 tablespoons vegetable oil

1 ½ pounds broccoli crowns, trimmed and cut into 1-inch pieces

2 cloves garlic, minced

¼ to ½ crushed red pepper

¼ cup unsalted peanuts, chopped

**Try adding peppers, onions, mushrooms, carrots or your favorite veggie. Add chicken or pork to increase the protein.*

Directions: Wash hands with soap and water.

1. Whisk peanut butter, ¼ cup water, brown sugar, 1 tablespoon soy sauce and vinegar in a medium bowl until smooth. Set aside.
2. Heat oil in a large skillet over medium heat.
3. Add broccoli and cook, stirring frequently, until beginning to soften and brown in spots (about 6 minutes).
4. Add remaining ¼ cup of water and 1 tablespoon of soy sauce to the pan along with bell pepper and garlic.
5. Cook, stirring frequently, until the pepper has softened and the liquid has evaporated, 2-4 minutes.
6. Remove from heat, stir in the reserved peanut sauce and season with crushed red pepper.
7. Garnish with peanuts.

Recipe adapted from Working for a Healthier Tennessee