



## PEANUTS, OIL ROASTED, UNSALTED

Date: October 2012 Code: 100391

### 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.

### PACK/YIELD

- Each package contains 12 ounces of roasted peanuts, which is about 3 cups or 12 servings (1 ounce or about 28 peanuts each).

### 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.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### 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 MyPyramid.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### 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.

## 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
- ¾ cup water
- ¼ cup barbecue sauce
- 1 tablespoon peanut butter
- ¼ 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.

Nutritional Information for 1 serving (about 2 cups) of Asian Noodle Bowl							
<b>Calories</b>	390	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	5 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	210 mg	<b>Protein</b>	14 g	<b>Calcium</b>	47 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	67 g	<b>Vitamin A</b>	419 RAE	<b>Iron</b>	4 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	6 g				

*Recipe adapted from Food.com*

## PEANUT SNACK MIX

**MAKES ABOUT 10 SERVINGS**

### Ingredients

- 1 cup roasted peanuts
- ½ cup chocolate chips
- ½ cup raisins
- ½ 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.

Nutritional Information for 1 serving (about ½ cup) of Peanut Snack Mix							
<b>Calories</b>	180	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	15 g	<b>Vitamin C</b>	0 mg
<b>Calories from Fat</b>	80	<b>Sodium</b>	60 mg	<b>Protein</b>	5 g	<b>Calcium</b>	20 mg
<b>Total Fat</b>	9 g	<b>Total Carbohydrate</b>	24 g	<b>Vitamin A</b>	0 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	2.5 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Food.com*