



PEANUT BUTTER, SMOOTH

Date: October 2012 Code: 100395

PRODUCT DESCRIPTION

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

PACK/YIELD

- Peanut butter is packed in 18-ounce packages, which is about 2 cups or 16 servings (2 tablespoons each).

STORAGE

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

- 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.

Nutrient Values in the Nutrition Facts Label 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 label or ingredient list for product-specific information

NUTRITION INFORMATION

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

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

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

Amount Per Serving

Calories 188 **Calories from Fat** 140

% Daily Value*

Total Fat 16 g **24%**

Saturated Fat 3 g **15%**

Trans Fat 0g

Cholesterol 0 mg **0%**

Sodium 152 mg **6%**

Total Carbohydrate 8 g **3%**

Dietary Fiber 2 g **8%**

Sugars 2 g

Protein 7 g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 4%

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

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

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.

Nutritional Information for 1 serving (about ¾ cup) of Spicy Peanut Vegetables							
Calories	120	Cholesterol	0 mg	Sugar	12 g	Vitamin C	47 mg
Calories from Fat	30	Sodium	350 mg	Protein	5 g	Calcium	38 mg
Total Fat	4 g	Total Carbohydrate	20 g	Vitamin A	401 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	3 g				

Recipe adapted from Food.com

PEANUT BUTTER COOKIES

MAKES ABOUT 12 SERVINGS

Ingredients

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

Directions

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

Nutritional Information for 1 serving (about 1 cookie) of Peanut Butter Cookies							
Calories	140	Cholesterol	20 mg	Sugar	12 g	Vitamin C	0 mg
Calories from Fat	70	Sodium	70 mg	Protein	4 g	Calcium	10 mg
Total Fat	7 g	Total Carbohydrate	15 g	Vitamin A	6 RAE	Iron	0 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com