

Peanuts

Peanuts are an especially good source of healthful fats, protein, and fiber. They also contain plenty of [potassium](#), phosphorous, [magnesium](#), and B [vitamins](#). Despite being high in [calories](#), peanuts are nutrient-rich and low in [carbohydrates](#).

According to the United States Department of Agriculture (USDA), [100 grams of raw peanuts](#) contain 567 calories and the following nutrients in grams (g), milligrams (mg), or micrograms (mcg):

macronutrients	protein carbohydrate fiber sugars	25.8 g 16.13 g 8.5 g 4.72 g
fats	monounsaturated fats polyunsaturated fats saturated fats	24.43 g 15.56 g 6.28 g
minerals	potassium phosphorous magnesium calcium sodium iron zinc	705 mg 376 mg 168 mg 92 mg 18 mg 4.58 mg 3.27 mg
vitamins	vitamin B-3 (niacin) vitamin E (alpha-tocopherol) vitamin B-1 (thiamine) vitamin B-6 (pyridoxine) riboflavin (vitamin B-2) folate (vitamin B-9)	12.07 mg 8.33 mg 0.64 mg 0.35 mg 0.14 mg 240 mcg

The mixture of healthful fats, protein, and fiber in peanuts means they provide nutritional benefits and make a person feel fuller for longer. This makes peanuts a healthful, go-to snack when people compare them with chips, crackers, and other simple carbohydrate foods.

Below, we discuss the benefits of key nutrients in peanuts.

1. Protein

Peanuts are an excellent source of **plant-based protein**, offering 25.8 g per 100 g of peanuts, or around half of a person's daily protein needs.

The [recommended daily allowance \(RDA\) for protein](#) in adults is:

- 46 g for women
- 56 g for men

Protein is essential for building and repairing body cells. The amount of protein a person needs varies, depending on their age and activity level.

2. Healthful fats

Peanuts contain healthful fats that are an essential part of a nutritious diet.

Fatty acids are an essential part of every diet. Most of the fats in peanuts are monounsaturated and polyunsaturated fatty acids, which are a healthful type of fat.

According to the American Heart Association (AHA), consuming [monounsaturated fats](#) and [polyunsaturated fats](#) instead of saturated and trans fats can improve a person's blood [cholesterol](#) levels. This, in turn, lowers the risk of [heart disease](#) and [stroke](#).

3. Dietary fiber

Peanuts are a good source of dietary fiber. They contain 8.5 g per 100 g, which around one-quarter of a male's recommended fiber intake or one-third for females.

The current [Dietary Guidelines for Americans](#) recommend that adults get the following amounts of fiber per day:

- 34 g for men
- 28 g for women

Fiber is a heart-healthy nutrient. The AHA report that eating fiber-rich foods [improves](#) blood cholesterol levels and lowers the risk of heart disease, stroke, [obesity](#), and [type 2 diabetes](#).