



HOMEMADE PEANUT BUTTER

 20 portions

INGREDIENTS

- 3 cups of peanuts, all types, raw (438 g)
- 1/2 tsp of salt, table (3 g)
- 3 tsps of sugars, granulated (13 g)

COOKING METHOD

- 1° Put all ingredients into a food processor or blender
- 2° Blend until desired creaminess

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (23 g)	% DRI
ENERGY	558 kcal	127 kcal	6 %
FAT	48 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	6 g	1 g	7 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	274 mg	62 mg	3 %
CARBOHYDRATE	18 g	4 g	1 %
SUGARS	7 g	2 g	—
FIBER	8 g	2 g	7 %
PROTEIN	25 g	6 g	—