



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-13-13)

Visit us at www.fns.usda.gov/fdd

100396 – PEANUT BUTTER, SMOOTH, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A peanut butter is finely ground with a smooth texture.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb cans per case. One 5 lb can AP yields about 9 cups peanut butter and provides about 72.0 2-Tbsp servings peanut butter. One lb AP yields about 1.8 cups peanut butter and provides about 14.4 2-Tbsp servings peanut butter. CN Crediting: 2 Tbsp peanut butter provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store unopened peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. Store opened cans of peanut butter covered in refrigerated storage. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Ready-to-serve.
USES AND TIPS	<ul style="list-style-type: none"> Serve peanut butter in sandwiches and baked items according to recipe. Peanut butter can be used to flavor pies, cakes, and cookies. Add peanut butter to batter for flavorful biscuits. Blend peanut butter and milk to make a vegetable sauce or peanut soup.

Nutrition Information

Peanut butter, smooth, with added salt

	2 Tbsp (32 g)	¼ cup (65 g)
Calories	188	406
Protein	7.02 g	14.14 g
Carbohydrate	7.67 g	15.47 g
Dietary Fiber	1.8 g	3.7 g
Sugars	2.08 g	4.19 g
Total Fat	15.85 g	31.95 g
Saturated Fat	3.04 g	6.14 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.69 mg	1.40 mg
Calcium	17 mg	35 mg
Sodium	152 mg	307 mg
Magnesium	57 mg	115 mg
Potassium	189 mg	382 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	1.90 mg	3.83 mg



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FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section 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.

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