

Search for a food, brand, or restaurant

Generic

Generic - Sprouted Peanuts

Serving Size :28 grams



158Cal
10%4gCarbs
73%13gFat
17%7gProtein

Track macros, calories, and more with MyFitnessPal.

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Daily Goals

How does this food fit into your daily goals?

Calorie Goal1,842 cal
158 / 2,000 calleft

Fitness Goals :Heart Healt...

Fat54g
13 / 67gleft
Sodium2,300g
-- / 2,300gleft
Cholesterol300g
-- / 300gleft

Nutritional Info

Carbs	4 g
Dietary Fiber	2 g
Sugar	0 g
Fat	13 g
Saturated	1 g
Polyunsaturated	4 g

trans		0 g
Protein		7 g
Sodium		0 mg
Potassium		0 mg
Cholesterol		-- mg
Vitamin A		-- %
Vitamin C		-- %
Calcium		-- %
Iron		-- %
Percentages are based on a diet of 2000 calories a day.		

Activity Needed to Burn:
158 calories