

We roast peanuts in their natural skins, then grind them until almost (but not quite) smooth.

Preparation and uses

Try on crackers and crumpets, add to shakes, cakes and bakes.

Storage Store cool & dry. Once opened, consume within 3 months.

Nutrition Information

per 100g

Energy	2446 kJ	590 kcal
Fat		45.5g
of which saturates		8.1g
monounsaturates		20.9g
polyunsaturates		14.2g
Carbohydrate		11.5g
of which sugars		5.8g
Fibre		8.4g
Protein		29.3g
Salt		1.0g

Vitamins & Minerals

per 100g (RDA)

Biotin	130µg	(260%)
Niacin	131mg	(82%)
Copper	0.64mg	(64%)
Phosphorus	420mg	(60%)
Magnesium	190mg	(51%)
Zinc	3.3mg	(33%)

Made in the UK

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1kg e

Best before end:

See lid

no palm oil

