

Nutrition Facts for Sundrop - Peanut Butter

Quantity Per 100 g			
Nutrient	Regular Butter	Processed Cheese	Sundrop Peanut Butter
Good for your Health			
Unsaturated Fat-g	22	7	40
Proteins-g	0	17	25
Dietary Fiber-g	0	0	5
Not good for your health			
Saturated Fat-g	51	16	10
Cholesterol-mg	300	70	0
Trans Fatty Acids-mg	2400	700	0

***Reference-Nutritive Value of Indian Foods, Published by NIN, Reprinted in 2007**

Sundrop Peanut Butter is available in an unbreakable plastic Jar in the following two variants

- Creamy- It is the delicious and spread-ably smooth peanut butter that melts in the mouth
- Crunchy - It is the savory peanut butter with the satisfying bites of peanuts.

Both these variants are available in a single size - a bottle of 462g weight.

Nutrition Facts for Sundrop - Peanut Butter - CRUNCHY		
NUTRITIONAL INFORMATION Serving Size 32g (2 Tablespoon)	Quantity (Approx.) Per Serve	Quantity (Approx.) Per 100g
Energy (Kcal)	205	641
Protein (g)	8	26
Total Carbohydrates (g)	6	19
Sugars (g)	3	8
Dietary Fibres (g)	2	5
Total Fatty Acids (g)	16	51
Saturated Fatty Acids (g)	3	9
Polyunsaturated Fatty Acids (g)	4	13
Monounsaturated Fatty Acids (g)	9	27
Trans Fatty Acids (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	114	356

Nutrition Facts for Sundrop - Peanut Butter - CREAMY		
NUTRITIONAL INFORMATION Serving Size 32g (2 Tablespoon)	Quantity (Approx.) Per Serve	Quantity (Approx.) Per 100g
Energy (Kcal)	206	645
Protein (g)	8	25
Total Carbohydrates (g)	6	19
Sugars (g)	3	10
Dietary Fibres (g)	2	5
Total Fatty Acids (g)	17	52
Saturated Fatty Acids (g)	3	10
Polyunsaturated Fatty Acids (g)	4	13
Monounsaturated Fatty Acids (g)	9	27
Trans Fatty Acids (g)	0	0
Cholesterol (mg)	0	0
Sodium (mg)	110	345

The Nutrition table is for the following Age group -	
Age Group	% Daily Value of Proteins per serve **
Children (4-6 years)	27
Children (7-9 years)	20

** Based on Protein consumption recommendation in Nutritive values of Indian Foods, National Institute of Nutrition, ICMR (2004)

Disclaimer

Product formulations and packaging may change. For the relevant information regarding a particular product, please refer to the details on product package.