

Argentine Runner Peanuts

Peanuts have multiple health benefits:

It is naturally cholesterol-free.
 It is a natural source of proteins.
 It contains vitamins and minerals which are not present in daily diet.
 It prevents coronary diseases.
 It has a high content of unsaturated fat which reduces blood cholesterol levels.
 It has essential fatty acids which are very important for health

Nutritional Information	100 g
Energy (Kcal)	596
Protein (g)	25
Total fat (g)	48
Trans fat (g)	0
Saturated fat (g)	10
Monounsaturated fat (g)	21
Polyunsaturated fat (g)	17
Cholesterol (mg)	0
Carbohydrates (g)	16
Sodium (mg)	413

Raw



38 - 42



40-50



50-60



60-70



70-80



80-100



SPLIT

BLANCHED



38 - 42



40-50



50-60



SPLIT

Presentation	25kg	50kg	1250kg
Packaging	Jute Bag or Poly Bag	Jute Bag or Poly Bag	Big Bags
Bags per 20 ft container	720	360	-
20 ft container gross weight	18 TM	18 TM	-
Bags per 40 ft container	1000	500	20
40 ft container gross weight	25 TM	25 TM	25 TM

