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12 Benefits Of Peanuts

1. Whole peanuts contain high amount of protein, which makes it a preferred diet of those people engaged in body-building and those people who are weak and underweight.
2. Peanut is a good source of Coenzyme Q10 which protects the heart during the period of lack of oxygen example high altitudes and clogged arteries.
3. Peanuts contain high concentrations of antioxidant polyphenols, primarily a compound called p-coumaric acid. Roasting peanuts increases the p-coumaric acid levels, boosting the overall antioxidant content by as much as 22%.
4. Roasted peanuts rival the antioxidant content of blackberries and strawberries, and are far richer in antioxidants than apples, carrots or beets.
5. Unsalted peanuts are good for your arteries. One quarter cup of peanuts contains as much monounsaturated fat as a tablespoon of olive oil. Monounsaturated fats have been shown to lower blood cholesterol.
6. Peanuts' high niacin content helps in the recovery of cell damage provides protection against Alzheimer's disease and age-related cognitive problem.
7. Peanut contains vitamin E, a powerful antioxidant that is shown to significantly reduce the risk of cancer and cardiovascular diseases.
8. Peanuts contain iron which is essential for the correct functioning of red blood cells.
9. Peanut is rich in calcium which helps promotes healthy bones.
10. Peanut has higher bioflavonoid resveratrol content than grapes. This bioflavonoid is believed to improve blood flow in the brain by as much as 30%, thus greatly reducing the risk of stroke. Study showed that by adding even small amounts of peanut products to the diet can reduce LDL (bad) cholesterol by 14%.
11. Peanuts' fiber content helps lower the risk of colon cancer, as source of peanuts contains 2 grams of fiber.
12. Peanut helps to accelerate the growth of male and female hormones.



Do boiled peanuts have calories. How many calories are in a boiled peanut. Peanut patch cajun boiled peanuts nutrition information.

Boiled peanuts are more than a Southern staple — they also hold some souped-up nutritional benefits! That's because boiling peanuts has a significant effect on their phytochemical composition, increasing their total flavonoid and polyphenol count,1 which are better known as antioxidants. In fact, boiled peanuts have nearly four times the number of antioxidants found in other kinds of peanuts. These naturally-occurring nutrients have been linked to numerous health benefits, including cancer prevention, reduced inflammation and prevention against cardiovascular diseases.2,3 That's in addition to all the other amazing benefits peanuts can offer, including: A great source of vitamins like niacin, which supports your digestive systems, skin, nerves, and can protect against Alzheimer's disease and cognitive decline4 An abundance of minerals, like magnesium (for healthy nerve and muscle function) and phosphorus (which helps convert food into energy) Lower risk of mortality from all causes.5 Healthy hair, bones and teeth Help with weight loss due to greater feelings of fullness6 And best of all? You can enjoy this superfood's super benefits for yourself at home, thanks to this super easy recipe from the National Peanut Board.7. Now let's get cracking! Cooking Supplies 1 large pot 1 large bowl Jars or sealable bags (for storage) Ingredients 1 bag raw, green peanuts (in shell) Water Salt Cajun seasoning (optional) Time: 4 hours Makes 4 Cups In Shell Directions Add one cup of salt per gallon of water in a large pot. If you're feeling spicy, add the cajun seasoning. If not, just add the raw peanuts. Cover the pot and bring the contents to a boil. Reduce heat to a simmer and cook for 4-6 hours, or until peanuts are tender. (Open the shell and taste to test, but be careful of the heat!) Once the peanuts are tender, turn the heat off and transfer the peanuts to a large clean bowl. Once they've cooled enough, serve immediately. Or, store in jars or sealable bags to enjoy later. Just make sure you do so with some of the liquid they were cooked in to keep them moist. They should keep in the refrigerator for about a week. Nutrition Information Per 1 Cup Serving: Calories: 200 Calories from Fat: 125 Fat: 13g Trans fats: 1.9g Cholesterol: 0mg Carbohydrate: 13g Protein: 8.5g Fiber: 5g Sodium: 473mg John Kernick So simple, but so satisfying. Salty boiled peanuts make a great snack anytime. Advertisement - Continue Reading Below Cal/Serv: 643 Yields: 8 servings Prep Time: 0 hours 5 mins Total Time: 4 hours 15 mins 2 lb. raw, or green, peanuts (see Note) c. Kosher salt This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site. In a stockpot over high heat, bring peanuts, salt, and enough water to cover the peanuts by 2 inches to a boil.Reduce heat to low and cover, simmering gently until peanuts are soft but still firm, about 4 hours. (Add water, as needed, to keep peanuts covered.) Drain and serve peanuts warm or at room temperature. Tips & TechniquesNote: Purchase raw peanuts (\$2.19 per pound) at nuts.com. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Advertisement - Continue Reading Below Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Written by Alii Amarson BSc, PhD on May 7, 2019Peanuts (Arachis hypogaea) are a legume that originated in South America. They go by a variety of names, such as groundnuts, earthnuts, and goobers. Despite their name, peanuts are unrelated to tree nuts. As a legume, they're related to beans, lentils, and soy.In the United States, peanuts are rarely eaten raw. Instead, they are most often consumed roasted or as peanut butter.Other peanut products include peanut oil, flour, and protein. These goods are used in a variety of foods, such as desserts, cakes, confectionery, snacks, and sauces.Peanuts are rich in protein, fat, and various healthy nutrients. Studies show that peanuts may even be useful for weight loss and are linked to a reduced risk of heart disease.This article tells you everything you need to know about peanuts.Share on PinterestHere are the nutrition facts for 3.5 ounces (100 grams) of raw peanuts:Calories: 567Water: 7%Protein: 16.1 gramsCarbs: 16.1 gramsSugar: 4.7 gramsFiber: 8.5 gramsFat: 49.2 gramsSaturated: 6.28 gramsMonounsaturated: 24.43 gramsPolyunsaturated: 15.56 gramsOmega-3: 0 gramsOmega-6: 15.56 gramsTrans: 0 gramsSUMMARY Peanuts are packed with healthy fats and high-quality protein. They're also fairly high in calories.Peanuts are high in fat.In fact, they are classified as oilseeds. A large proportion of the world's peanut harvest is used for making peanut oil (arachis oil).The fat content ranges from 44–56% and mainly consists of mono- and polyunsaturated fat, most of which is made up of oleic and linoleic acids (1, 2, 3, 4, 5).SUMMARY Peanuts are high in fat, consisting mostly of mono- and polyunsaturated fatty acids. They are often used to make peanut oil.Peanuts are a good source of protein.The protein content ranges from 22–30% of its total calories, making peanuts a great source of plant-based protein (1, 3, 4).The most abundant proteins in peanuts, arachin and conarachin, can be severely allergenic to some people, causing life-threatening reactions (5).SUMMARY For a plant food, peanuts are an exceptionally good source of protein. Keep in mind that some people are allergic to peanut protein.Peanuts are low in carbs.In fact, the carb content is only about 13–16% of the total weight (4, 6).Being low in carbs and high in protein, fat, and fiber, peanuts have a very low glycemic index (GI), which is a measure of how quickly carbs enter your bloodstream after a meal (7).This makes them suitable for people with diabetes.SUMMARY Peanuts are low in carbs. This makes them a good dietary choice for people with diabetes.Peanuts are an excellent source of various vitamins and minerals, including (6):Biotin. Peanuts are one of the richest dietary sources of biotin, which is important during pregnancy (8, 9).Copper. A dietary trace mineral, copper is often low in the Western diet. Deficiency may have adverse effects on heart health (10).Niacin. Also known as vitamin B3, niacin has various important functions in your body. It has been linked to a reduced risk of heart disease (11).Folate. Also known as vitamin B9 or folic acid, folate has many essential functions and is especially important during pregnancy (12).Manganese. A trace element, manganese is found in drinking water and most foods.Vitamin E. A powerful antioxidant, this vitamin is often found in high amounts in fatty foods.Thiamine. One of the B vitamins, thiamine is also known as vitamin B1. It helps your body's cells convert carbs into energy and is essential for the function of your heart, muscles, and nervous system.Phosphorus. Peanuts are a good source of phosphorus, a mineral that plays an essential role in the growth and maintenance of body tissues.Magnesium. An essential dietary mineral with various important functions, sufficient magnesium intake is believed to protect against heart disease (13).SUMMARY Peanuts are an excellent source of many vitamins and minerals. These include biotin, copper, niacin, folate, manganese, vitamin E, thiamine, phosphorus, and magnesium.Peanuts contain various bioactive plant compounds and antioxidants.In fact, they're as rich in antioxidants as many fruits (14).Most of the antioxidants are located in peanut skin, which is eaten only when peanuts are raw (15).That said, peanut kernels still include:p-Coumaric acid. This polyphenol is one of the main antioxidants in peanuts (14, 16).Resveratrol. A powerful antioxidant that may reduce your risk of cancer and heart disease, resveratrol is most notably found in red wine (17).Isoflavones. A class of antioxidant polyphenols, isoflavones are associated with a variety of health effects (18).Phytic acid. Found in plant seeds, including nuts, phytic acid may impair the absorption of iron and zinc from peanuts and other foods eaten at the same time (19).Phytosterols. Peanut oil contains considerable amounts of phytosterols, which impair the absorption of cholesterol from your digestive tract (16, 20).SUMMARY Peanuts contain various plant compounds. These include antioxidants, such as coumaric acid and resveratrol, as well as antinutrients like phytic acid.Peanuts have been widely studied with regard to weight maintenance.Despite being high in fat and calories, peanuts do not appear to contribute to weight gain (21).In fact, observational studies have shown that peanut consumption may help maintain a healthy weight and reduce your risk of obesity (22, 23, 24, 25).These studies are all observational, which means that they cannot prove causation.However, one small, 6-month study in healthy women suggested that when other sources of fat in a low-fat diet were replaced with peanuts, they lost 6.6 pounds (3 kg) despite being told to maintain their initial weight (26).Another study found that when 3 ounces (89 grams) of peanuts were added to the daily diet of healthy adults for 8 weeks, they did not gain as much weight as expected (27).Various factors make peanuts a weight-loss-friendly food.They reduce food intake by promoting fullness to a greater extent than other common snacks, such as rice cakes (27, 28).Because of how filling peanuts are, people appear to compensate for increased peanut consumption by eating less of other foods (27).When whole peanuts are not chewed well enough, a portion of them may pass through your digestive system without being absorbed (27, 29).The high content of protein and monounsaturated fat in peanuts may increase calorie burning (29, 30).Peanuts are a source of insoluble dietary fiber, which is linked to a reduced risk of weight gain (31, 32).SUMMARY Peanuts are very filling and can be considered an effective component of a weight loss diet.In addition to being a weight-loss-friendly food, peanuts are associated with several other health benefits.Heart healthHeart disease is one of the leading causes of death worldwide.Observational studies indicate that eating peanuts, as well as other types of nuts, may protect against heart disease (25, 33, 34).These benefits are likely the result of various factors (35, 36, 37).Notably, peanuts contain a number of heart-healthy nutrients. These include magnesium, niacin, copper, oleic acid, and multiple antioxidants, such as phytic acid content, and severe allergic reactions.Peanuts are as popular as they are healthy.They're an excellent plant-based source of protein and high in various vitamins, minerals, and plant compounds.They can be useful as a part of a weight loss diet and may reduce your risk of both heart disease and gallstones.However, being high in fat, this legume is a high-calorie food and should not be eaten in excess.



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