

What is in a Jar of Peanut Butter?

Peanut Butter Nutrition Label

Nutrition Facts

about 14 servings per container

Serving size 2 tbsp (33g)

Amount per serving

Calories 180

% DAILY VALUE*

Total Fat 15g **19%**

Saturated Fats 2.5g **13%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 100mg **4%**

Total Carbohydrate 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

Protein 8g **6%**

Vitamin D 0mcg 0% Calcium 17mg 2%

Iron 0.1mg 6% Potassium 210mg 4%

*The % of Daily Value (DV) tells you how much contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Roasted Peanuts, Sugar, Less than 2% of: Peanut Oil, Salt.

CONTAINS PEANUTS.

Homemade Peanut Butter

2 cups (16 ounces)
shelled peanuts

2 tablespoons peanut oil

1/2 teaspoon salt

1 to 2 tablespoons honey
or sugar

Step 1

Add peanuts to a food processor and chop.

Step 2

Add remaining ingredients and pulse for 2 minutes or until smooth and stop during blending to scrape down sides. Transfer into a lidded container.

What is a gram?

A gram is a unit of weight in the metric measurement system.

The gram is used to measure the weight of things that are really light.



Things in your house that can have a weight of approximately 1 gram:

- ★ A paper receipt handed to you by a cashier.
- ★ 20 drops of water (about 1/4 of a teaspoon).
- ★ A pinch of sugar.
- ★ About 35 grains of rice.
- ★ About one-fourth of a single grape.

Use the label to fill in the blank below.

1. There are _____ grams in 2 tablespoons of peanut butter.
2. There are _____ calories in each serving of peanut butter.
3. There are _____ grams of protein in each serving of peanut butter.
4. There are _____ servings in this container of peanut butter.
5. The second ingredient in this jar of peanut butter is _____.
6. There are _____ grams of total sugars in each serving of peanut butter.
7. A serving size for this container of peanut butter is _____ tablespoons.

