



NUTRITION INFORMATION



PETER PAN® PEANUT BUTTER	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Vitamin E %DV	Vitamin B6 %DV	Magnesium %DV	Zinc %DV	Copper %DV
Creamy Varieties																							
Peter Pan Creamy	32	2 Tablespoons	210	150	17	3	0	0	140	180	6	2	3	8	-	-	-	2	-	-	10	-	-
Peter Pan Honey Roast Creamy	34	2 Tablespoons	200	140	15	3	0	0	125	160	10	2	8	8	-	-	-	2	-	-	10	-	-
Peter Pan 100% Natural Creamy	32	2 Tablespoons	210	150	17	3	0	0	140	180	6	2	3	8	-	-	-	2	-	-	vna	-	-
Peter Pan Plus Creamy	32	2 Tablespoons	210	150	17	3	0	0	140	190	7	2	3	7	20	0	0	25	20	20	25	25	20
Peter Pan Whipped Creamy 1/3 Less Sugar	24	2 Tablespoons	150	110	12	2.5	0	0	105	135	5	2	2	6	0	0	0	2	-	-	10	-	-
Peter Pan 100% Natural Honey Roast Creamy	33	2 Tablespoons	220	140	16	3	0	0	130	170	10	2	8	8	-	-	-	2	-	-	vna	-	-
Crunchy Varieties																							
Peter Pan Crunchy	32	2 Tablespoons	200	140	16	3	0	0	110	200	6	3	3	8	-	-	-	2	-	-	10	-	-
Peter Pan Honey Roast Crunchy	34	2 Tablespoons	200	140	15	3	0	0	115	170	11	2	7	7	-	-	-	2	-	-	10	-	-
Peter Pan 100% Natural Crunchy	32	2 Tablespoons	210	150	17	3	0	0	120	200	6	2	3	8	-	-	-	2	-	-	vna	-	-
Reduced Fat Varieties																							
Peter Pan Reduced Fat Creamy	36	2 Tablespoons	200	120	13	2	0	0	150	170	14	2	4	8	-	-	-	4	-	-	15	-	-
Peter Pan Reduced Fat Crunchy	36	2 Tablespoons	200	120	13	2.5	0	0	150	170	14	2	4	8	-	-	-	4	-	-	15	-	-

vna = values not currently available

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product.

Visit www.ConAgraFoodsScienceInstitute.com for additional nutrition information.

