

Peanuts

Did You Know?

- The peanut is the only “nut” grown underground!
- Americans consume 3,750,000 pounds of peanuts daily in all forms including confections, bakery items, soups, deserts, ice cream, and mixed nuts!
- Peanuts provide over 30 essential vitamins, minerals, fats, and are a significant source of antioxidants!
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter!

