

## PEANUT FLOURS

Peanut flour is used in a variety of applications. When using peanut flour, two key considerations are roast and fat/protein level.

### CHOOSE A FAT/PROTEIN COMBINATION

- The 28% fat peanut flours offer 40% protein and are recommended for most applications.
- The 12% fat peanut flours deliver 50% protein and are excellent for applications that require a higher protein boost or lower fat.

### CHOOSE A ROAST

- Dark roasts are recommended when using with other strong flavors, such as chocolate. Its rich flavor notes are perfect for confections.
- A light roast is excellent for applications that include an additional heat processing, baking or cooking step.
- Use light or medium roasts to achieve a typical peanut butter flavor, with the addition of salt and sugar.

## All Natural Peanut Flours Protein

### Application Utilizing Peanut Flour\*

| Fat Level   | Roast Level | Protein |     | With Strong Flavors | Baked Goods | Extruded Crips | Sauces | Peanut Butter | Pret Treats | Beverages | Confections | Nutrition Bars |
|-------------|-------------|---------|-----|---------------------|-------------|----------------|--------|---------------|-------------|-----------|-------------|----------------|
|             |             | 40%     | 50% |                     |             |                |        |               |             |           |             |                |
| 12%         | Light       | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
|             | Medium      | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
|             | Dark        | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
| 28%         | Light       | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
|             | Dark        | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
|             | Light       | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
| Organic 12% | Medium      | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |
| Organic 28% | Medium      | ●       | ●   | ●                   | ●           | ●              | ●      | ●             | ●           | ●         | ●           | ●              |

\*Note these are starting recommendations. Peanut flours can be used in a variety of applications. Please consult with a member of our technical sales force to determine the best peanut flour for your application.

## PEANUT EXTRACT

Our Gold Nut 20 peanut extract is a dark amber, high oleic oil delivering a robust, consistent roasted peanut flavor and aroma. Peanut extract is produced by mechanically pressing dark roasted peanuts resulting in an all natural, solvent free extract with a clean label appeal. Due to the intense roasted peanut flavor and aroma, peanut extract can be used at very low usage rates. Typical usage rates range from 2-4% making peanut extract an ideal ingredient for a variety of products.



For more information, technical assistance and product samples, contact us at: [specialtyproducts@goldenpeanut.com](mailto:specialtyproducts@goldenpeanut.com)



## AROMATIC PEANUT OIL

Golden Premium peanut oil is produced from US quality high oleic peanuts that have been roasted and mechanically pressed to obtain an oil that is rich in roasted peanut flavor and aroma. Golden in color, this peanut oil offers a high quality, trans fat free alternative to other cooking oils. It is ideal to use as anything from gourmet cooking oils, salad dressings, soups and even in frozen dairy desserts.

\*Organic version available.

| Product                    | Fatty Acids (g per 100g) |                 |
|----------------------------|--------------------------|-----------------|
|                            | Monounsaturated          | Polyunsaturated |
| Golden Premium Peanut Oil* | 74.5                     | 5.7             |
| Canola Oil**               | 63.3                     | 28.1            |
| Olive Oil**                | 72.9                     | 10.5            |
|                            |                          | Saturated       |
|                            |                          | 13.7            |
|                            |                          | 7.4             |
|                            |                          | 13.8            |

\*Source: Golden Peanut Company

1. The American Heart Association [www.heart.org](http://www.heart.org)

\*\*Source: USDA Nutrient Database

2. The Peanut Institute [www.peanutinstitute.org](http://www.peanutinstitute.org)

Est. 1986

# GOLDEN

PEANUT AND TREE NUTS

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