

Peanut Oil Nutrition Facts



One tablespoon of peanut oil (14g) provides 121 calories, 0 grams of carbohydrates, 0 grams of fiber, 0 grams of protein, 14 grams of fat, and 0 grams of sugar. Peanut oil is high in monounsaturated fats, phytosterols, and Vitamin E.

- Calories: 121
- Fat: 14g
- Carbohydrate: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 0g

Peanut Oil Health Benefits

Promotes Heart Health

Peanut oil is high in monounsaturated fats and phytosterols, which promote heart health and may have anti-inflammatory effects.



Protects Cells from Damage

Peanut oil contains vitamin E, an antioxidant that helps protect cells from damage and may help protect against heart disease, cancer, eye problems, and dementia..



May Help Control Blood Sugar

Peanut oil contains polyunsaturated fats, which could significantly reduce blood sugar levels and improve the secretion of insulin, an important hormone involved in blood sugar control.



Has Anti-inflammatory Properties

Peanut oil contains oleic acid, which has anti-inflammatory properties and plays an important role in appetite regulation and energy intake.

