Nutrition of peanut butter

Peanut is one of the most important oil and economic crops in China. China is the largest peanut producer in the world, and its total output, single output and export volume rank first in the world. Peanut butter currently accounts for 37% of China's consumption of peanuts.

Microwave heating machinery and equipment

Peanuts are rich in fat, protein and other nutrients. Peanut butter, which is baked and ground by peanut butter making machine, can increase heat energy and rich in vitamins and minerals. It has a unique flavor and good taste. It is a delicious adjunct or seasoning food.

Peanut butter is not only rich in plant protein, but also rich in vitamins (nicotinic acid, vitamin E, etc.) and minerals, rich in nutrition, unique flavor.

Peanut butter is widely used in flour products, chafing dish dipping and other fields. Aiming at the

shortcomings of flavor, nutrition and stability, a series of new peanut butter with low fat, high protein, unique flavor, high nutrition and good stability have been developed.

This paper analyzes the nutritional and health characteristics of traditional peanut butter, summarizes and summarizes the research progress of new peanut butter making machines at home and abroad, and summarizes the research directions and key points in this field, in order to provide reference and basis for peanut butter research and the development of peanut butter industry, and for the future nutritional properties of sauce food. It provides some guidance for health, stability and product development, production and storage.

1. application of traditional peanut butter

In China, peanut butter is commonly used as pasta, steamed bread, hot pot, fried vegetables and other condiments, but also used as cookies, steamed buns, bread stuffing. China's peanut butter has a good momentum of development with more than 10 production lines, mainly concentrated in Shandong, Jiangsu, Anhui and other peanut producing areas. Peanut butter is mainly sold for export. The total import and export points of peanut butter in 2011 are counted by the Food and Agriculture Organization of the United Nations (FAO) data. Do not increase from 2887 T and 132 t in 2010 to 6607 T and 1256 T, and export accounts for about 65% of the annual output.

Peanut butter is mainly used to make lunch fast food for primary and secondary school students abroad, and is also widely used as ingredients in crispy biscuits, sandwiches, peanut-flavored cookies, baked foods, candy, breakfast cereals and ice cream. Peanut butter is widely consumed at home and abroad, and its production and sales are huge.

2. nutritional ingredients of peanut butter

Peanut is an ideal high-protein, high-fat nutritional food source, containing a large number of protein, fat, calcium, phosphorus, selenium, zinc and other mineral elements, a variety of nutrients are relatively comprehensive and balanced.

In addition, peanut and its products are rich in unsaturated fatty acids, phytosterols, resveratrol, vitamin E and vitamin C, folic acid and other plant active substances, to promote health, disease prevention is very useful.

Peanuts can be eaten directly after simple processing, such as frying, frying and so on. Peanut butter produced by pressing and grinding has more excellent characteristics of accompanying meals. Its color is yellowish brown, texture is delicate and delicious, and has the inherent strong aroma of peanuts.

The application of solid peanut butter expanded greatly and its consumption increased rapidly after it was changed into liquid peanut butter, but its nutritional composition did not change significantly.

With the improvement of people's living standard, the dietary structure of Chinese people is changing gradually.

Now people's daily food is mainly composed of high protein, high fat, high sugar and high salt food. The incidence of diabetes, hypertension and other diseases is rising rapidly. Peanut butter as a high nutritional food, its fat, protein, vitamin content and other aspects of nutritional improvement has been gradually launched, future research will emerge in endlessly.

At present, the research on nutritional structure adjustment and flavor modification of peanut butter at home and abroad has been more mature. Various new peanut butters with good stability, rich nutrition, low fat content and unique flavor have been successfully prepared. In the future, the research and development of new peanut butter making machine will be more focused on screening raw materials, adding additives and improving flavor. The production process can adjust the balance of intestinal flora and increase its probiotic effect. The research and development of new peanut butter production machine will be of great economic benefit to the development of other paste industry and the rich market of paste food.