

Peanut

(ARACHIS HYPOGAEA)

The peanut is a popular nut. Its nickname is groundnut, but actually, it is not a nut but a legume. Think of a shelled peanut; it looks just like a pod, containing 2 or 3 seeds; peanuts in this case. That does not make the peanut less healthy.

Peanuts can carry the health claim fiber-rich, and are a source of protein and monounsaturated fats. They also contain high levels of minerals and vitamins.

Utility

Since peanuts taste a bit like beans, they are fried to bring out the nutty flavor. Most peanuts are eaten as a snack, baked and salted, and of course, with sweet or savory coatings.

Everyone knows peanut butter made from ground peanuts with a little bit of oil to make it creamy.

Furthermore, a lot of peanut or groundnut oil is produced in the world. A very healthy oil that can be heated to a high temperature, which makes this oil very suitable for frying and stir-frying.



The peanut originates from South America, probably from Peru or Brazil.

Now the peanut is grown all over the world as long as the climate is tropical or subtropical.

Besides being used as a snack and as an addition in all kinds of foods, peanuts are mainly grown for their high-quality oil.

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