

# Information about Peanut Oil

## WHAT IS PEANUT OIL?

Peanut oil, is extracted from the seeds of the groundnut plant, which is primarily grown in tropical and subtropical regions, including China, India, USA, Nigeria, Myanmar, Brazil, Senegal, Sudan and Tanzania, with China accounting for more than 1/3 of the total global production.

Peanuts are harvested by uprooting the plants, shaking off the soil, drying them in the sun, and then separating the pods from the plants either manually or using machines. The crude oil may undergo refining to remove impurities and enhance the color and taste. The remaining groundnut cake can be used as animal feed.

### Nutritional Values

Saturates

16g

Mono-  
unsaturates

61g

Poly-  
unsaturates

18g

## PEANUT OIL INSIGHTS

Food allergies are caused by the protein components of food. Fully refined edible oils and fats undergo extensive processing which removes virtually all protein from the oil. Due to the fact that no viable protein remains in fully refined groundnut oil, research has shown that this oil would not cause reactions for the overwhelming majority of peanut allergic individuals and if any reaction did occur, it would almost certainly be mild.

However note, that unrefined groundnut oil could cause a reaction in some people, due to small amount of viable protein that can be present, so should be avoided by those with peanut allergy.

The latest labelling regulations require that any of the 'EU 14' list of allergens that are present in food must be highlighted in the ingredient declaration. Whilst refined groundnut oil is thought to be safe for those with peanut allergies, all groundnut oil, refined or unrefined, is now highlighted on the packaging in the ingredient declaration.

## Quick Facts



**CHINA, INDIA,  
NIGERIA**

are the biggest producers



**160 KILOS**

of peanut oil per annum from  
one hectare of plants



**2% OF MARKET  
SHARE**

## KEY FEATURES

- Groundnuts typically contain 45-50% oil
- Groundnut oil has a high smoke point and excellent heat stability

## USES AND APPLICATIONS

- Groundnut oil is commonly used for cooking, shallow frying, home frying, and pan frying
- It is widely used in baking and as a base for marinades
- Ideal for stir-frying, it imparts a delicate nutty flavor to fried foods
- The nutty flavor is more pronounced when using groundnut oil made from roasted peanuts