

BALAJI MINECHEM

Unveiling the Nutrient-Rich World of Peanuts



PEANUTS

Explore the nutritional wonders of peanuts
Cultivated with care by Balaji Minechem





INDEX

INTRODUCTION TO PEANUTS

NUTRITIONAL COMPOSITION

BENEFITS FOR HEALTH AND WELLNESS

CULINARY USES

**PEANUTS SPECIFICATION
BY BALAJI MINECHEM**

**PEANUT PRODUCTS
BY BALAJI MINECHEM**

**HEALTH BENEFITS BEYOND
CULINARY USE**

INTRODUCTION TO PEANUTS

Peanuts, the sixth most popular herb globally, boast a remarkable 50% oil content and 30% protein content



BALAJI MINECHEM

Takes Pride in cultivating high quality peanuts with essential nutrients for optimal health

NUTRIENT	AMOUNT PER 100g
Calories	567
Water	7%
Protein	25.8g
Carbs	16.1g
Sugar	4.7g



SL.	PARAMETERS	SPECIFICATION
1	Fiber	8.5g
2	Fat	49.2g
3	Saturated	6.28g
4	Monounsaturated	24.43g
5	Polyunsaturated	15.56g
6	Omega-3	0g
7	Omega-6	15.56g

SL.	PARAMETERS	SPECIFICATION
1	Moisture	5%
2	Oil Content	48%
3	Shelling Ratio	72.5%
4	Foreign Matter	0%
5	Damaged Kernel	1%
6	Aflatoxin	MAX 4 PPB
7	Bold	35/40, 38/42, 40/45, 45/50, 45/55, 50/60, 60/70, 70/80
8	Java	45/55, 50/60, 60/70, 70/80, 80/90, 100/120, 120/140, 140/160, 160/180

BENEFITS FOR HEALTH AND WELLNESS:

Discover the myriad health benefits peanuts offer, from regulating brain functions to strengthening bones.

Heart Health:

Lowers heart disease risk by 29%.
Rich in magnesium, copper, and antioxidants.
Monounsaturated fats reduce cholesterol levels.



Protein Boost:

Protein content ranges from 22–30%.
Supports muscle growth and bone health.
Ideal pre-workout or mid-day snack.



Weight Management:

High protein and healthy fats provide satiety.
Reduces Ghrelin (hunger hormone) levels.
Aids in weight loss with controlled eating.



Brain Function:

Niacin, Vitamin B1, and resveratrol enhance brain activity.
Delays age-related cognitive decline.
Polyphenols in peanuts benefit mental health.



Bone Strength:

Rich in manganese and phosphorus.
Preserves bone strength, especially in aging.
Essential nutrients for healthy bones.

Radiant Skin:

Resveratrol and monounsaturated fats for clear skin.
Delays signs of aging like wrinkles and dark spots.
Vitamins C and E protect against UV damage.



Gallstone Prevention:

Controls cholesterol levels.
Reduces the risk of gallstones by 25%.
Supports overall digestive health.

Cancer Prevention:

Reduces the risk of cancer.
Resveratrol's antioxidant potential inhibits cancer growth.
Good content of protein and Vitamin E.



Diabetic-Friendly:

Safe for diabetic patients with no sugar content.
Helps regulate blood sugar levels.
Strengthens natural insulin regulation.

Eye Health:

Zinc aids in the transfer of Vitamin A for clear vision.
Vitamin E slows macular degeneration.
Supports overall eye health.



Explore the diverse culinary applications of peanuts, from classic peanut butter to adding a delightful flavor and aroma to cookies and chocolates.

FIND CREATIVE WAYS TO INCLUDE PEANUTS IN YOUR MEALS.

Peanut Products by Balaji Minechem:
Discover our range of premium peanut products, carefully processed and crafted by Balaji Minechem. Elevate your culinary experience with our quality offerings.



HEALTH BENEFITS

Beyond Culinary Use

Uncover the medicinal properties of peanuts, aiding in the treatment of blood disorders and reducing excessive menstruation flow in women. Learn about the diverse applications of peanuts in enhancing overall health.



SKINCARE MARVEL

Discover Peanuts' Potency Beyond the Plate for Glowing Skin!

THERAPEUTIC MASSAGE OIL

Unveiling the Wellness Secrets of Peanuts in Massage Therapies!

MEDICINAL POTENCY

Harnessing Peanuts' Traditional Healing Powers for Modern Health!

EXTERNAL HEALING AGENT

Peanuts as Nature's Remedy for Wound Healing and Skin Wellness!

NUTRIENT-RICH SKINCARE

The Bounty of Vitamins and Minerals in Peanuts for Radiant Skin!

ANTI-INFLAMMATORY WONDER

Resveratrol: A Natural Solution for Internal and Skin Inflammation!

MOOD AND MENTAL WELLNESS

Elevate Your Spirits with Peanuts: A Holistic Mood Booster!

SEIZE THE OPPORTUNITY

To embark on a nutritious journey with Balaji Minechem's premium peanuts.

Explore our range of high-quality peanut products and elevate your culinary and wellness experience.



LET THE GOODNESS OF PEANUTS REDEFINE YOUR LIFESTYLE

CONTACT US

 +91 97271 29949 / +91 99829 99949

 info@balajiminechem.com

 PLOT NO. 83, SATHWARA, SECTOR - 5, GANDHIDHAM, KACHCHH - 370201, GUJARAT, INDIA