

Texas Peanuts: Grown With Care



Texas is a leading producer of peanuts and has the distinction of being the only state to grow all four types: Runner, Virginia, Valencia and Spanish. The state also leads the nation in growing organic peanuts. Texas peanuts are high-oleic peanuts, which provides great health benefits and a longer shelf life.

Peanuts are nature's "zero-waste" plant. Everything from the roots to the hulls are utilized. Once the peanuts are harvested, the remaining plant can be used as fertilizer or feed for cattle. They require less water and have a relatively small carbon footprint. Peanut plants also have a unique ability to improve soil. They are a nitrogen-fixing crop, which means they take nitrogen from the air and produce their own in the ground, which benefits other crops and the environment.

Powerful Health Benefits

Pop a peanut in your mouth and you're snacking on 29 essential vitamins, minerals, phytonutrients, and antioxidants. Naturally cholesterol-free, peanuts are also low in saturated fats and high in fiber, making them a delicious way to keep your muscles, skin, bones and organs functioning well.

Peanuts are high in protein with 7 grams per serving, an excellent source of niacin and manganese, and a good source of vitamin E, magnesium, folate, copper, phosphorus and fiber.

The unsaturated fat make-up of peanuts helps link them to a reduced risk of heart disease. One serving of dry-roasted peanuts (30 grams) contains 12 grams of unsaturated fat, only 2 grams of saturated fat, and no trans fat.



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Versatile and Delicious

Don't let the name fool you, peanuts aren't actually nuts at all! They're members of the Fabaceae family (legumes), making them close relatives to peas, chickpeas and lentils.

Once peanuts are processed for consumption, they can be found in many formats including natural, roasted, toasted, or fried, without the shell, bleached or in halves. They can also be granulated, chopped, made into flour or as peanut butter, paste, oil or extract. The culinary uses for peanuts are endless.

One of the most common uses is peanut butter, which can be included in everything from sauces to pastries. Peanut flour is a great, gluten-free alternative with a pleasant taste and aroma that can be used to thicken smoothies and sauces or in baked goods. With a high smoke point, peanut oil can be used to fry, sauté or add flavor to dishes.



PEANUT HUMMUS

Grab some warm pita bread and get ready to dip into this Texas spin on classic hummus made with boiled Texas peanuts and a hint of spice.

More Information

Contact the Texas Department of Agriculture for more information about Texas agricultural products at GoGlobal@TexasAgriculture.gov.

Find Your Type

Texas is the only state to grow all four types of peanuts, but each variety has their own shape, flavor profile and use.



RUNNER PEANUTS

are the most widely used peanuts with an attractive, uniform kernel. Their delicious flavor, great roasting characteristics and high yields make them ideal for peanut butter.

SPANISH PEANUTS

have small kernels with a copper jacket (or red-brown skin). They have a nutty flavor profile and a high oil content, making them perfect for extracting oil. Spanish peanuts are ideal for peanut candies, snacks and peanut butter.



VALENCIA PEANUTS

are the most widely used and are known as the "gourmet" peanut. They have a sweet flavor and contain three or more kernels with bright, red skin. These peanuts are usually sold in the shell as they are ideal for roasting or boiling.

VIRGINIA PEANUTS

are the largest type and are often called "cocktail nuts." They're great for processing, particularly for salting, confections and in-shell roasting.

