



Peanut Butter vs. Dairy Butter: Which One is Healthier?

Cruising Review

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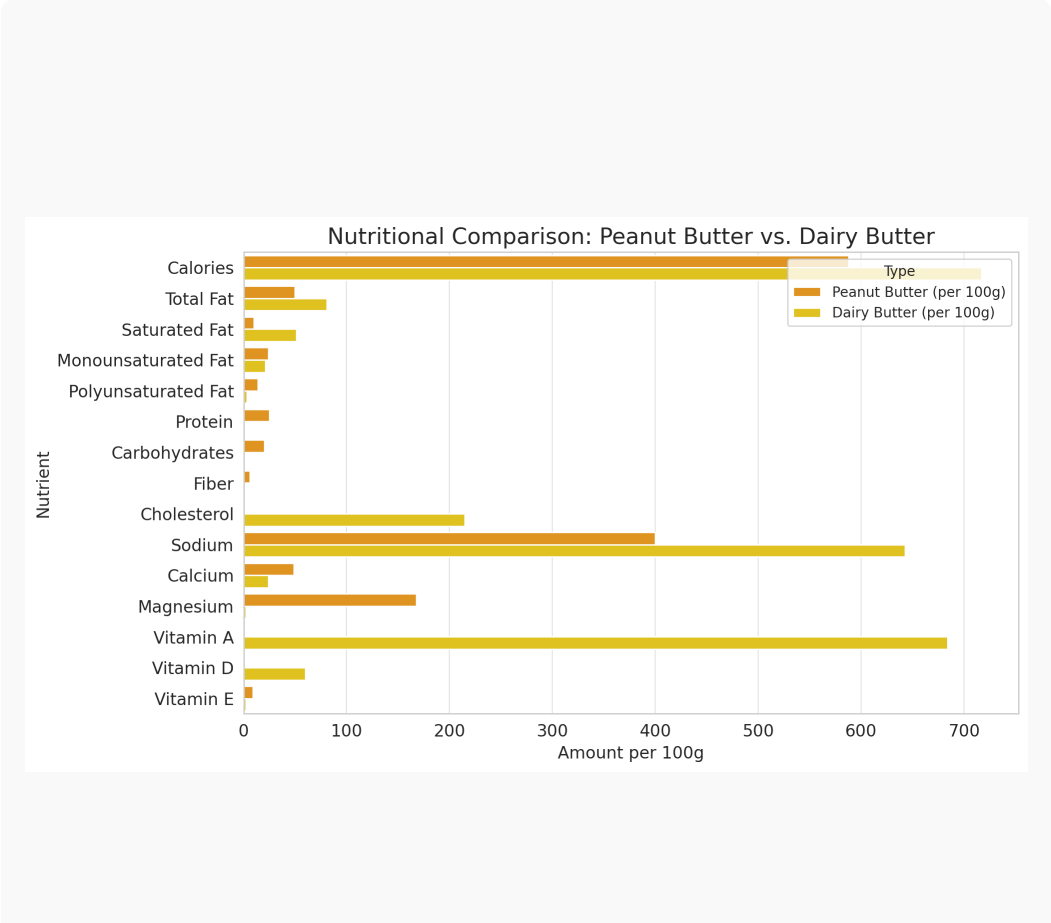
<https://cruisingreview.com/replace-butter-with-peanut-butter-for-better-health.html>

Peanut butter and dairy butter have distinct nutritional profiles, but which is the better choice for your health? Discover their differences in fat content, protein, fiber, cholesterol, and more to make an informed dietary decision.



This webpage QR code

PDF Version of the webpage (maximum 10 pages)



Butter or peanut butter? One is creamy and rich in dairy fats, while the other is packed with plant-based protein and heart-healthy fats. Which should you choose for a healthier diet?

Let's break down the nutrition facts and see which spread wins.

Here's a well-structured web-based article, including a title, meta description, and teaser for engaging online readers.

Title:

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Meta Description:

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Teaser:

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Peanut Butter vs. Dairy Butter: A Nutritional Showdown

When it comes to choosing between peanut butter and dairy butter, the decision often depends on taste preference, dietary needs, and health goals. Both are widely used in different diets, but they offer vastly different nutritional benefits. Here's a breakdown to help you decide which one deserves a place in your kitchen.

1. Calories and Fat Content

Dairy butter is more calorie-dense, packing around 717 kcal per 100g, compared to peanut butter's 588 kcal per 100g. This is largely due to butter's high saturated fat content (~51g per 100g), while peanut butter contains more monounsaturated and polyunsaturated fats, which are considered heart-healthy.

Verdict: Peanut butter is the better choice for those looking for a healthier fat profile.

2. Protein and Fiber

If you need a protein boost, peanut butter is a superior option. It contains ~25g of protein per 100g, compared to butter's negligible 0.85g. Additionally, peanut butter provides fiber (~6g per 100g), which is absent in butter.

Verdict: Peanut butter wins for protein and digestion-friendly fiber.

3. Cholesterol and Heart Health

Dairy butter is rich in cholesterol (~215mg per 100g), which can raise LDL (bad cholesterol) levels when consumed in excess. Peanut butter, being plant-based, contains zero cholesterol, making it a better choice for heart health.

Verdict: Peanut butter takes the lead for cardiovascular health.

4. Micronutrient Content

- Peanut Butter: High in magnesium (~168mg), calcium (~49mg), and vitamin E (~9mg).
- Dairy Butter: Richer in vitamin A (~684 IU) and vitamin D (~60 IU) but lower in essential minerals.

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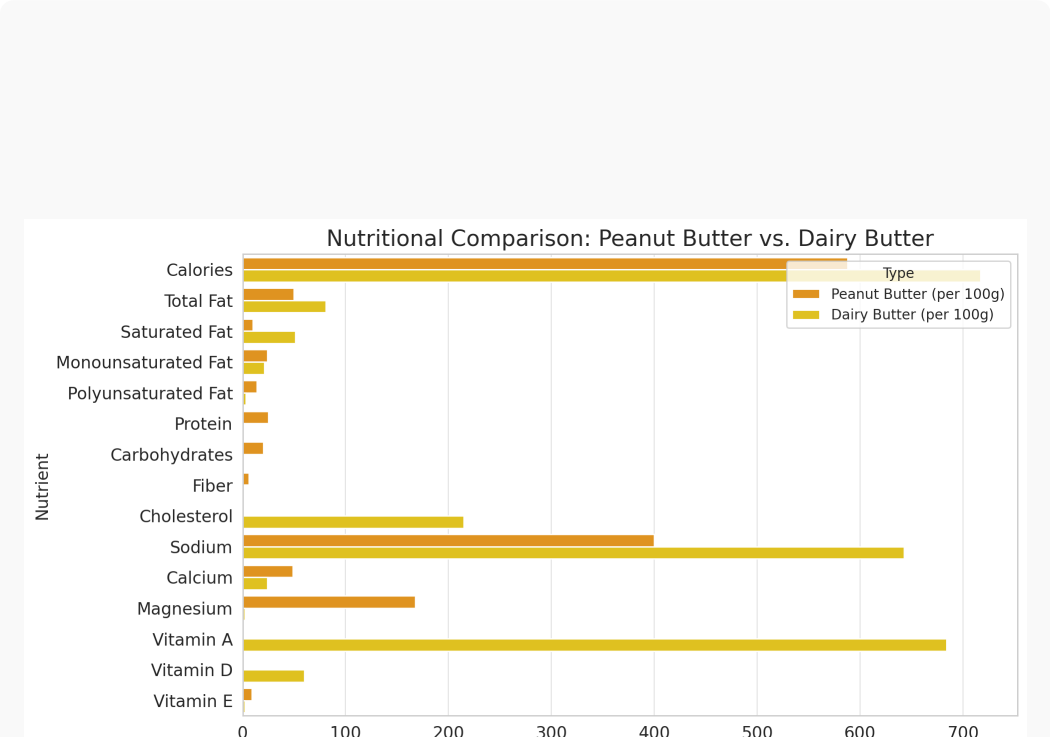
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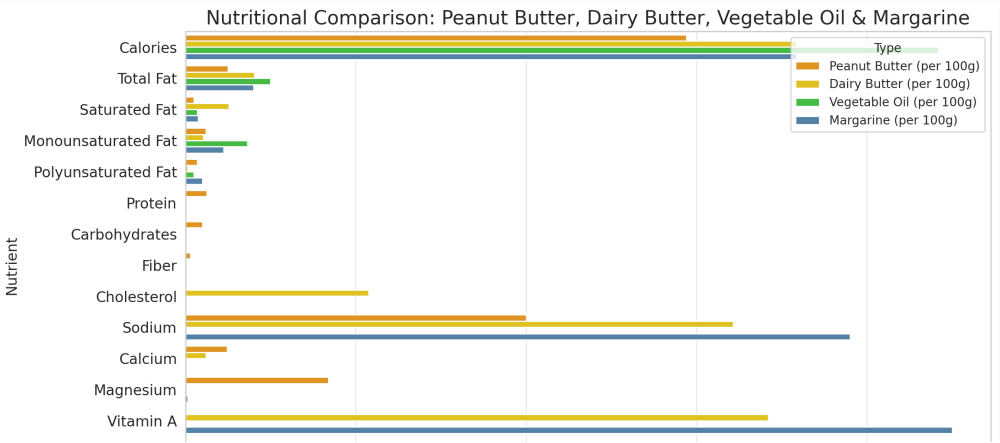
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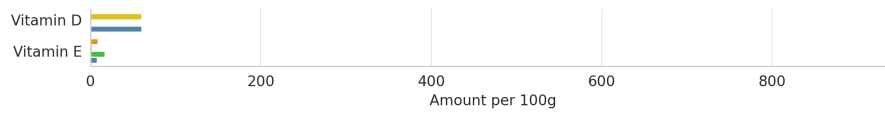
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Amount per 100g

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