Keeping peanut skins in the mix boosts nutrition, researchers find
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At concentrations of 10 percent or more, however, antioxidant capacities continued to increase, but the taste buds rebelled: Tasters reported more negative flavor attributes, like bitterness, when eating peanut products composed of 10 and 20 percent skin.

Peanut skins, the seed coat comprising about 3 percent of a peanut seed, don't get much respect in the food world. Formed as a result of peanut blanching and roasting, skins are normally removed before peanuts are processed into a jar of your favorite peanut butter. Yet these skins are high in phenolic compounds, meaning they have antioxidant properties. Studies on antioxidants suggest they may protect against oxidative stress, which has been implicated in a number of diseases and cancers in humans.

Does the peanut-eating public have the stomach to handle some skin in their Skippy? Sanders and Hathorn point to this study and say that keeping skin concentrations low — 5 percent or less — could increase the health benefit and maintain peanut product palatability.

Provided by North Carolina State University