

ABSTRACT

A reduced calorie and reduced fat nut butter composition, particularly a peanut butter. Fatty acid-esterified propoxylated glycerin compositions are used and incorporated into the nut butter compositions as a roasting medium, or otherwise. The fatty acid-esterified propoxylated glycerin composition have a Iodine Value of less than or equal to about 10 and an average number of fatty acid acyl group carbons per propoxylation number of about 7 to about 15. The nut butter compositions do not exhibit the undesirable side effects of gastrointestinal intolerance or anal leakage and do not require stabilizers.

