

Full Report (All Nutrients) 01001, Butter, salted

Report Date: January 30, 2015 11:59 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 5g	1 tbsp 14.2g	1 cup 227g	1 stick 113g
Proximates								
Water	g	15.87	522	0.061	0.79	2.25	36.02	17.93
Energy	kcal	717	--	--	36	102	1628	810
Energy	kJ	3000	--	--	150	426	6810	3390
Protein	g	0.85	16	0.074	0.04	0.12	1.93	0.96
Total lipid (fat)	g	81.11	580	0.065	4.06	11.52	184.12	91.65
Ash	g	2.11	35	0.054	0.11	0.30	4.79	2.38
Carbohydrate, by difference	g	0.06	--	--	0.00	0.01	0.14	0.07
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.06	--	--	0.00	0.01	0.14	0.07
Minerals								
Calcium, Ca 1 2 3 4 9 10 11	mg	24	17	0.789	1	3	54	27
Iron, Fe 1 2 3 4 9 10 11	mg	0.02	18	0.011	0.00	0.00	0.05	0.02
Magnesium, Mg 1 2 3 4 9 10 11	mg	2	18	0.047	0	0	5	2
Phosphorus, P 1 2 3 4 9 10 11	mg	24	17	0.463	1	3	54	27
Potassium, K 1 2 3 4 9 10 11	mg	24	18	0.622	1	3	54	27
Sodium, Na	mg	643	--	--	32	91	1460	727
Zinc, Zn 1 2 3 4 9 10 11	mg	0.09	18	0.011	0.00	0.01	0.20	0.10
Copper, Cu 1 2 3 4 9 10 11	mg	0.000	18	0.000	0.000	0.000	0.000	0.000
Manganese, Mn 1 2 3 4 9 10 11	mg	0.000	18	0.000	0.000	0.000	0.000	0.000
Selenium, Se	µg	1.0	37	0.820	0.0	0.1	2.3	1.1
Fluoride, F 12 13 14	µg	2.8	19	0.674	0.1	0.4	6.4	3.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 5g	1 tbsp 14.2g	1 cup 227g	1 stick 113g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0
Thiamin	mg	0.005	3	0.001	0.000	0.001	0.011	0.006
Riboflavin	mg	0.034	9	0.004	0.002	0.005	0.077	0.038
Niacin	mg	0.042	2	--	0.002	0.006	0.095	0.047
Pantothenic acid	mg	0.110	--	--	0.006	0.016	0.250	0.124
Vitamin B-6	mg	0.003	1	--	0.000	0.000	0.007	0.003
Folate, total	µg	3	2	--	0	0	7	3
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	3	2	--	0	0	7	3
Folate, DFE	µg	3	--	--	0	0	7	3
Choline, total 7	mg	18.8	--	--	0.9	2.7	42.7	21.2
Betaine 7	mg	0.3	1	--	0.0	0.0	0.7	0.3
Vitamin B-12	µg	0.17	4	--	0.01	0.02	0.39	0.19
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	684	--	--	34	97	1553	773
Retinol	µg	671	--	--	34	95	1523	758
Carotene, beta 5	µg	158	2	--	8	22	359	179
Carotene, alpha 5	µg	0	2	--	0	0	0	0
Cryptoxanthin, beta 5	µg	0	2	--	0	0	0	0
Vitamin A, IU	IU	2499	--	--	125	355	5673	2824
Lycopene 5	µg	0	2	--	0	0	0	0
Lutein + zeaxanthin 5	µg	0	2	--	0	0	0	0
Vitamin E (alpha-tocopherol) 6	mg	2.32	1	--	0.12	0.33	5.27	2.62
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 6	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, gamma 6	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, delta 6	mg	0.00	1	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.5	--	--	0.1	0.2	3.4	1.7
Vitamin D3 (cholecalciferol)	µg	1.5	--	--	0.1	0.2	3.4	1.7
Vitamin D	IU	60	--	--	3	9	136	68
Vitamin K (phylloquinone) 15	µg	7.0	1	--	0.4	1.0	15.9	7.9
Lipids								
Fatty acids, total saturated	g	51.368	--	--	2.568	7.294	116.605	58.046

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 5g	1 tbsp 14.2g	1 cup 227g	1 stick 113g
4:0 8	g	3.226	3	0.120	0.161	0.458	7.323	3.645
6:0 8	g	2.007	3	0.038	0.100	0.285	4.556	2.268
8:0 8	g	1.190	3	0.016	0.059	0.169	2.701	1.345
10:0 8	g	2.529	3	0.033	0.126	0.359	5.741	2.858
12:0 8	g	2.587	3	0.046	0.129	0.367	5.872	2.923
14:0 8	g	7.436	3	0.020	0.372	1.056	16.880	8.403
16:0 8	g	21.697	3	0.270	1.085	3.081	49.252	24.518
17:0 8	g	0.560	3	0.015	0.028	0.080	1.271	0.633
18:0 8	g	9.999	3	0.096	0.500	1.420	22.698	11.299
20:0 8	g	0.138	3	0.002	0.007	0.020	0.313	0.156
Fatty acids, total monounsaturated	g	21.021	--	--	1.051	2.985	47.718	23.754
16:1 undifferentiated	g	0.961	--	--	0.048	0.136	2.181	1.086
16:1 c 8	g	0.961	3	0.008	0.048	0.136	2.181	1.086
18:1 undifferentiated	g	19.961	--	--	0.998	2.834	45.311	22.556
18:1 c 8	g	16.978	3	0.397	0.849	2.411	38.540	19.185
18:1 t 8	g	2.982	3	0.112	0.149	0.423	6.769	3.370
20:1 8	g	0.100	3	0.009	0.005	0.014	0.227	0.113
22:1 undifferentiated 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	3.043	--	--	0.152	0.432	6.908	3.439
18:2 undifferentiated	g	2.728	--	--	0.136	0.387	6.193	3.083
18:2 n-6 c,c 8	g	2.166	3	0.024	0.108	0.308	4.917	2.448
18:2 CLAs 8	g	0.267	3	0.017	0.013	0.038	0.606	0.302
18:2 i 8	g	0.296	3	0.048	0.015	0.042	0.672	0.334
18:3 undifferentiated	g	0.315	--	--	0.016	0.045	0.715	0.356
18:3 n-3 c,c,c (ALA) 8	g	0.315	3	0.013	0.016	0.045	0.715	0.356
18:4 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 8	g	0.000	3	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	3.278	--	--	0.164	0.465	7.441	3.704
Fatty acids, total trans-monoenoic	g	2.982	--	--	0.149	0.423	6.769	3.370

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 5g	1 tbsp 14.2g	1 cup 227g	1 stick 113g
Cholesterol ⁸	mg	215	3	1.261	11	31	488	243
Stigmasterol ⁸	mg	0	3	0.000	0	0	0	0
Campesterol ⁸	mg	0	3	0.000	0	0	0	0
Beta-sitosterol ⁸	mg	4	3	0.118	0	1	9	5
Amino Acids								
Tryptophan	g	0.012	--	--	0.001	0.002	0.027	0.014
Threonine	g	0.038	--	--	0.002	0.005	0.086	0.043
Isoleucine	g	0.051	--	--	0.003	0.007	0.116	0.058
Leucine	g	0.083	--	--	0.004	0.012	0.188	0.094
Lysine	g	0.067	--	--	0.003	0.010	0.152	0.076
Methionine	g	0.021	--	--	0.001	0.003	0.048	0.024
Cystine	g	0.008	--	--	0.000	0.001	0.018	0.009
Phenylalanine	g	0.041	--	--	0.002	0.006	0.093	0.046
Tyrosine	g	0.041	--	--	0.002	0.006	0.093	0.046
Valine	g	0.057	--	--	0.003	0.008	0.129	0.064
Arginine	g	0.031	--	--	0.002	0.004	0.070	0.035
Histidine	g	0.023	--	--	0.001	0.003	0.052	0.026
Alanine	g	0.029	--	--	0.001	0.004	0.066	0.033
Aspartic acid	g	0.064	--	--	0.003	0.009	0.145	0.072
Glutamic acid	g	0.178	--	--	0.009	0.025	0.404	0.201
Glycine	g	0.018	--	--	0.001	0.003	0.041	0.020
Proline	g	0.082	--	--	0.004	0.012	0.186	0.093
Serine	g	0.046	--	--	0.002	0.007	0.104	0.052
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
⁵National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997
⁶Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD
⁷Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD
⁸Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD
⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

¹⁰Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1995

¹¹Food and Drug Administration (FDA), DHHS **FDA Total Diet Study**, 1997

¹²Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

¹³Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

¹⁴A. Kingman **Unpublished data. NIDR/NIH, 1984**, Unpublished data. NIDR/NIH, 1984.

¹⁵S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579