

Basic Report 01002, Butter, whipped, with salt

Report Date: January 27, 2015 09:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
Proximates						
Water	g	15.87	0.60	1.49	23.96	12.06
Energy	kcal	717	27	67	1083	545
Protein	g	0.85	0.03	0.08	1.28	0.65
Total lipid (fat)	g	81.11	3.08	7.62	122.48	61.64
Carbohydrate, by difference	g	0.06	0.00	0.01	0.09	0.05
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.06	0.00	0.01	0.09	0.05
Minerals						
Calcium, Ca	mg	24	1	2	36	18
Iron, Fe	mg	0.16	0.01	0.02	0.24	0.12
Magnesium, Mg	mg	2	0	0	3	2
Phosphorus, P	mg	23	1	2	35	17
Potassium, K	mg	26	1	2	39	20
Sodium, Na	mg	659	25	62	995	501
Zinc, Zn	mg	0.05	0.00	0.00	0.08	0.04
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.005	0.000	0.000	0.008	0.004
Riboflavin	mg	0.034	0.001	0.003	0.051	0.026
Niacin	mg	0.042	0.002	0.004	0.063	0.032
Vitamin B-6	mg	0.003	0.000	0.000	0.005	0.002
Folate, DFE	µg	3	0	0	5	2
Vitamin B-12	µg	0.13	0.00	0.01	0.20	0.10
Vitamin A, RAE	µg	684	26	64	1033	520
Vitamin A, IU	IU	2499	95	235	3773	1899
Vitamin E (alpha-tocopherol)	mg	2.32	0.09	0.22	3.50	1.76

Nutrient	Unit	1 Value Per100 g	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
Vitamin D (D2 + D3)	µg	1.5	0.1	0.1	2.3	1.1
Vitamin D	IU	60	2	6	91	46
Vitamin K (phylloquinone)	µg	7.0	0.3	0.7	10.6	5.3
Lipids						
Fatty acids, total saturated	g	50.489	1.919	4.746	76.238	38.372
Fatty acids, total monounsaturated	g	23.426	0.890	2.202	35.373	17.804
Fatty acids, total polyunsaturated	g	3.012	0.114	0.283	4.548	2.289
Cholesterol	mg	219	8	21	331	166
Other						
Caffeine	mg	0	0	0	0	0