

**Full Report (All Nutrients) 01002, Butter, whipped, with salt**

Report Date: January 30, 2015 18:15 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) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
<b>Proximates</b>								
Water	g	15.87	522	0.061	0.60	1.49	23.96	12.06
Energy	kcal	717	--	--	27	67	1083	545
Energy	kJ	2999	--	--	114	282	4528	2279
Protein	g	0.85	16	0.074	0.03	0.08	1.28	0.65
Total lipid (fat)	g	81.11	580	0.065	3.08	7.62	122.48	61.64
Ash	g	2.11	35	0.054	0.08	0.20	3.19	1.60
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
<b>Minerals</b>								
Calcium, Ca	mg	24	6	3.945	1	2	36	18
Iron, Fe	mg	0.16	4	0.017	0.01	0.02	0.24	0.12
Magnesium, Mg	mg	2	6	0.188	0	0	3	2
Phosphorus, P	mg	23	6	2.508	1	2	35	17
Potassium, K	mg	26	26	2.333	1	2	39	20
Sodium, Na	mg	659	--	--	25	62	995	501
Zinc, Zn	mg	0.05	5	0.006	0.00	0.00	0.08	0.04
Copper, Cu	mg	0.016	--	--	0.001	0.002	0.024	0.012
Manganese, Mn	mg	0.004	--	--	0.000	0.000	0.006	0.003
Selenium, Se	µg	1.0	37	0.820	0.0	0.1	1.5	0.8
Fluoride, F <a href="#">1 3 4</a>	µg	2.8	19	0.674	0.1	0.3	4.2	2.1
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
Thiamin	mg	0.005	3	0.001	0.000	0.000	0.008	0.004
Riboflavin	mg	0.034	9	0.004	0.001	0.003	0.051	0.026
Niacin	mg	0.042	2	--	0.002	0.004	0.063	0.032
Pantothenic acid	mg	0.110	--	--	0.004	0.010	0.166	0.084
Vitamin B-6	mg	0.003	1	--	0.000	0.000	0.005	0.002
Folate, total	µg	3	2	--	0	0	5	2
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	3	2	--	0	0	5	2
Folate, DFE	µg	3	--	--	0	0	5	2
Choline, total <a href="#">2</a>	mg	18.8	--	--	0.7	1.8	28.4	14.3
Betaine <a href="#">2</a>	mg	0.3	1	--	0.0	0.0	0.5	0.2
Vitamin B-12	µg	0.13	--	--	0.00	0.01	0.20	0.10
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	684	--	--	26	64	1033	520
Retinol	µg	671	--	--	25	63	1013	510
Carotene, beta	µg	158	--	--	6	15	239	120
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	2499	--	--	95	235	3773	1899
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	2.32	--	--	0.09	0.22	3.50	1.76
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.5	--	--	0.1	0.1	2.3	1.1
Vitamin D3 (cholecalciferol)	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
<b>Lipids</b>								
Fatty acids, total saturated	g	50.489	--	--	1.919	4.746	76.238	38.372
4:0	g	2.630	52	0.044	0.100	0.247	3.971	1.999
6:0	g	1.557	68	0.035	0.059	0.146	2.351	1.183
8:0	g	0.906	89	0.022	0.034	0.085	1.368	0.689
10:0	g	2.034	89	0.042	0.077	0.191	3.071	1.546

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
12:0	g	2.277	89	0.053	0.087	0.214	3.438	1.731
14:0	g	8.157	88	0.101	0.310	0.767	12.317	6.199
16:0	g	21.334	88	0.270	0.811	2.005	32.214	16.214
18:0	g	9.829	88	0.132	0.374	0.924	14.842	7.470
Fatty acids, total monounsaturated	g	23.426	--	--	0.890	2.202	35.373	17.804
16:1 undifferentiated	g	1.816	71	0.059	0.069	0.171	2.742	1.380
18:1 undifferentiated	g	20.405	78	0.266	0.775	1.918	30.812	15.508
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	3.012	--	--	0.114	0.283	4.548	2.289
18:2 undifferentiated	g	1.832	74	0.064	0.070	0.172	2.766	1.392
18:3 undifferentiated	g	1.180	65	0.064	0.045	0.111	1.782	0.897
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	219	7	6.371	8	21	331	166
<b>Amino Acids</b>								
Tryptophan	g	0.012	--	--	0.000	0.001	0.018	0.009
Threonine	g	0.038	--	--	0.001	0.004	0.057	0.029
Isoleucine	g	0.051	--	--	0.002	0.005	0.077	0.039
Leucine	g	0.083	--	--	0.003	0.008	0.125	0.063
Lysine	g	0.067	--	--	0.003	0.006	0.101	0.051
Methionine	g	0.021	--	--	0.001	0.002	0.032	0.016
Cystine	g	0.008	--	--	0.000	0.001	0.012	0.006
Phenylalanine	g	0.041	--	--	0.002	0.004	0.062	0.031
Tyrosine	g	0.041	--	--	0.002	0.004	0.062	0.031
Valine	g	0.057	--	--	0.002	0.005	0.086	0.043
Arginine	g	0.031	--	--	0.001	0.003	0.047	0.024
Histidine	g	0.023	--	--	0.001	0.002	0.035	0.017
Alanine	g	0.029	--	--	0.001	0.003	0.044	0.022
Aspartic acid	g	0.064	--	--	0.002	0.006	0.097	0.049

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Glutamic acid	g	0.178	--	--	0.007	0.017	0.269	0.135
Glycine	g	0.018	--	--	0.001	0.002	0.027	0.014
Proline	g	0.082	--	--	0.003	0.008	0.124	0.062
Serine	g	0.046	--	--	0.002	0.004	0.069	0.035
<b>Other</b>								
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**

<sup>1</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

<sup>2</sup>Nutrient Data Laboratory, ARS, **USDA Choline Study, Local pickup UNC, NFNAP**, 2003 Beltsville MD

<sup>3</sup>Donald 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

<sup>4</sup>A. Kingman **Unpublished data. NIDR/NIH, 1984**, Unpublished data. NIDR/NIH, 1984.