

Basic Report 04601, Butter, light, stick, with salt

Report Date: March 05, 2015 13:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 14g
Proximates			
Water	g	42.10	5.89
Energy	kcal	509	71
Protein	g	3.30	0.46
Total lipid (fat)	g	55.10	7.71
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	48	7
Iron, Fe	mg	1.09	0.15
Magnesium, Mg	mg	5	1
Phosphorus, P	mg	34	5
Potassium, K	mg	71	10
Sodium, Na	mg	450	63
Zinc, Zn	mg	0.26	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.010	0.001
Riboflavin	mg	0.070	0.010
Niacin	mg	0.020	0.003
Vitamin B-6	mg	0.010	0.001
Folate, DFE	µg	1	0
Vitamin B-12	µg	0.13	0.02
Vitamin A, RAE	µg	465	65
Vitamin A, IU	IU	1698	238
Vitamin E (alpha-tocopherol)	mg	1.58	0.22

Nutrient	Unit	1 Value Per100 g	1 tablespoon 14g
Vitamin D (D2 + D3)	µg	1.0	0.1
Vitamin D	IU	40	6
Vitamin K (phylloquinone)	µg	4.8	0.7
Lipids			
Fatty acids, total saturated	g	34.321	4.805
Fatty acids, total monounsaturated	g	15.927	2.230
Fatty acids, total polyunsaturated	g	2.046	0.286
Cholesterol	mg	106	15
Other			
Caffeine	mg	0	0