

Basic Report 04610, Margarine, regular, 80% fat, composite, stick, with salt

Report Date: September 23, 2019 09:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 cup 227g	1 tsp 4.7g	1 pat (1" sq, 1/3" high) 5g	1 stick 113g
Proximates							
Water	g	16.52	2.31	37.50	0.78	0.83	18.67
Energy	kcal	717	100	1628	34	36	810
Protein	g	0.16	0.02	0.36	0.01	0.01	0.18
Total lipid (fat)	g	80.71	11.30	183.21	3.79	4.04	91.20
Carbohydrate, by difference	g	0.70	0.10	1.59	0.03	0.04	0.79
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	3	0	7	0	0	3
Iron, Fe	mg	0.06	0.01	0.14	0.00	0.00	0.07
Magnesium, Mg	mg	3	0	7	0	0	3
Phosphorus, P	mg	5	1	11	0	0	6
Potassium, K	mg	18	3	41	1	1	20
Sodium, Na	mg	751	105	1705	35	38	849
Zinc, Zn	mg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamins							
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.5	0.0	0.0	0.2
Thiamin	mg	0.010	0.001	0.023	0.000	0.000	0.011
Riboflavin	mg	0.037	0.005	0.084	0.002	0.002	0.042
Niacin	mg	0.023	0.003	0.052	0.001	0.001	0.026
Vitamin B-6	mg	0.009	0.001	0.020	0.000	0.000	0.010
Folate, DFE	µg	1	0	2	0	0	1
Vitamin B-12	µg	0.10	0.01	0.23	0.00	0.01	0.11
Vitamin A, RAE	µg	819	115	1859	38	41	925
Vitamin A, IU	IU	3571	500	8106	168	179	4035
Vitamin E (alpha-tocopherol)	mg	9.00	1.26	20.43	0.42	0.45	10.17

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	93.0	13.0	211.1	4.4	4.7	105.1
Lipids							
Fatty acids, total saturated	g	15.189	2.126	34.479	0.714	0.759	17.164
Fatty acids, total monounsaturated	g	38.877	5.443	88.251	1.827	1.944	43.931
Fatty acids, total polyunsaturated	g	24.302	3.402	55.166	1.142	1.215	27.461
Fatty acids, total trans	g	14.890	2.085	33.800	0.700	0.745	16.826
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0