

Basic Report 01145, Butter, without salt
Report Date: June 19, 2019 21:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pat (1" sq, 1/3" high) 5g	1 tbsp 14.2g	1 cup 227g	1 stick 113g
Proximates						
Water	g	16.17	0.81	2.30	36.71	18.27
Energy	kcal	717	36	102	1628	810
Protein	g	0.85	0.04	0.12	1.93	0.96
Total lipid (fat)	g	81.11	4.06	11.52	184.12	91.65
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	mg	24	1	3	54	27
Iron, Fe	mg	0.02	0.00	0.00	0.05	0.02
Magnesium, Mg	mg	2	0	0	5	2
Phosphorus, P	mg	24	1	3	54	27
Potassium, K	mg	24	1	3	54	27
Sodium, Na	mg	11	1	2	25	12
Zinc, Zn	mg	0.09	0.00	0.01	0.20	0.10
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.005	0.000	0.001	0.011	0.006
Riboflavin	mg	0.034	0.002	0.005	0.077	0.038
Niacin	mg	0.042	0.002	0.006	0.095	0.047
Vitamin B-6	mg	0.003	0.000	0.000	0.007	0.003
Folate, DFE	µg	3	0	0	7	3
Vitamin B-12	µg	0.17	0.01	0.02	0.39	0.19
Vitamin A, RAE	µg	684	34	97	1553	773
Vitamin A, IU	IU	2499	125	355	5673	2824
Vitamin E (alpha-tocopherol)	mg	2.32	0.12	0.33	5.27	2.62

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	7.0	0.3	1.0	15.9	7.9
Lipids						
Fatty acids, total saturated	g	50.489	2.524	7.169	114.610	57.053
Fatty acids, total monounsaturated	g	23.430	1.171	3.327	53.186	26.476
Fatty acids, total polyunsaturated	g	3.010	0.150	0.427	6.833	3.401
Cholesterol	mg	215	11	31	488	243
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0