

**Full Report (All Nutrients) 01001, Butter, salted**
**Report Date: June 24, 2017 21:40 EDT**

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<br>Per100 g | Data<br>points | Std.<br>Error | 1 pat (1" sq, 1/3" high)<br>5g | 1 tbsp<br>14.2g | 1 cup<br>227g | 1 stick<br>113g |
|---|------|---------------------|----------------|---------------|--------------------------------|-----------------|---------------|-----------------|
| <b>Proximates</b>                           |      |                     |                |               |                                |                 |               |                 |
| Water                                       | g    | 15.87               | 522            | 0.061         | 0.79                           | 2.25            | 36.02         | 17.93           |
| Energy                                      | kcal | 717                 | --             | --            | 36                             | 102             | 1628          | 810             |
| Energy                                      | kJ   | 2999                | --             | --            | 150                            | 426             | 6808          | 3389            |
| Protein                                     | g    | 0.85                | 16             | 0.074         | 0.04                           | 0.12            | 1.93          | 0.96            |
| Total lipid (fat)                           | g    | 81.11               | 580            | 0.065         | 4.06                           | 11.52           | 184.12        | 91.65           |
| Ash   | g    | 2.11                | 35             | 0.054         | 0.11                           | 0.30            | 4.79          | 2.38            |
| 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            |
| <b>Minerals</b>                             |      |                     |                |               |                                |                 |               |                 |
| Calcium, Ca <a href="#">1 2 3 4 5 6 7</a>   | mg   | 24                  | 17             | 0.789         | 1                              | 3               | 54            | 27              |
| Iron, Fe <a href="#">1 2 3 4 5 6 7</a>      | mg   | 0.02                | 18             | 0.011         | 0.00                           | 0.00            | 0.05          | 0.02            |
| Magnesium, Mg <a href="#">1 2 3 4 5 6 7</a> | mg   | 2                   | 18             | 0.047         | 0                              | 0               | 5             | 2               |
| Phosphorus, P <a href="#">1 2 3 4 5 6 7</a> | mg   | 24                  | 17             | 0.463         | 1                              | 3               | 54            | 27              |
| Potassium, K <a href="#">1 2 3 4 5 6 7</a>  | mg   | 24                  | 18             | 0.622         | 1                              | 3               | 54            | 27              |
| Sodium, Na                                  | mg   | 643                 | --             | --            | 32                             | 91              | 1460          | 727             |
| Zinc, Zn <a href="#">1 2 3 4 5 6 7</a>      | mg   | 0.09                | 18             | 0.011         | 0.00                           | 0.01            | 0.20          | 0.10            |
| Copper, Cu <a href="#">1 2 3 4 5 6 7</a>    | mg   | 0.000               | 18             | 0.000         | 0.000                          | 0.000           | 0.000         | 0.000           |
| Manganese, Mn <a href="#">1 2 3 4 5 6 7</a> | mg   | 0.000               | 18             | 0.000         | 0.000                          | 0.000           | 0.000         | 0.000           |
| Selenium, Se                                | µg   | 1.0                 | 37             | 0.820         | 0.1                            | 0.1             | 2.3           | 1.1             |
| Fluoride, F <a href="#">8 9 10</a>          | µg   | 2.8                 | 19             | 0.674         | 0.1                            | 0.4             | 6.4           | 3.2             |

**Vitamins**

| Nutrient  | Unit | 1 Value Per100 g | Data points | Std. Error | 1 pat (1" sq, 1/3" high) 5g | 1 tbsp 14.2g | 1 cup 227g | 1 stick 113g |
|---|------|------------------|-------------|------------|-----------------------------|--------------|------------|--------------|
| Vitamin C, total ascorbic acid                  | mg   | 0.0              | --          | --         | 0.0                         | 0.0          | 0.0        | 0.0          |
| Thiamin   | mg   | 0.005            | 3           | 0.001      | 0.000                       | 0.001        | 0.011      | 0.006        |
| Riboflavin                                      | mg   | 0.034            | 9           | 0.004      | 0.002                       | 0.005        | 0.077      | 0.038        |
| Niacin  | mg   | 0.042            | 2           | --         | 0.002                       | 0.006        | 0.095      | 0.047        |
| Pantothenic acid                                | mg   | 0.110            | --          | --         | 0.006                       | 0.016        | 0.250      | 0.124        |
| Vitamin B-6                                     | mg   | 0.003            | 1           | --         | 0.000                       | 0.000        | 0.007      | 0.003        |
| Folate, total                                   | µg   | 3                | 2           | --         | 0                           | 0            | 7          | 3            |
| Folic acid                                      | µg   | 0                | --          | --         | 0                           | 0            | 0          | 0            |
| Folate, food                                    | µg   | 3                | 2           | --         | 0                           | 0            | 7          | 3            |
| Folate, DFE                                     | µg   | 3                | --          | --         | 0                           | 0            | 7          | 3            |
| Choline, total <a href="#">13</a>               | mg   | 18.8             | --          | --         | 0.9                         | 2.7          | 42.7       | 21.2         |
| Betaine <a href="#">13</a>                      | mg   | 0.3              | 1           | --         | 0.0                         | 0.0          | 0.7        | 0.3          |
| Vitamin B-12                                    | µg   | 0.17             | 4           | --         | 0.01                        | 0.02         | 0.39       | 0.19         |
| Vitamin B-12, added                             | µg   | 0.00             | --          | --         | 0.00                        | 0.00         | 0.00       | 0.00         |
| Vitamin A, RAE                                  | µg   | 684              | --          | --         | 34                          | 97           | 1553       | 773          |
| Retinol   | µg   | 671              | --          | --         | 34                          | 95           | 1523       | 758          |
| Carotene, beta <a href="#">11</a>               | µg   | 158              | 2           | --         | 8                           | 22           | 359        | 179          |
| Carotene, alpha <a href="#">11</a>              | µg   | 0                | 2           | --         | 0                           | 0            | 0          | 0            |
| Cryptoxanthin, beta <a href="#">11</a>          | µg   | 0                | 2           | --         | 0                           | 0            | 0          | 0            |
| Vitamin A, IU                                   | IU   | 2499             | --          | --         | 125                         | 355          | 5673       | 2824         |
| Lycopene <a href="#">11</a>                     | µg   | 0                | 2           | --         | 0                           | 0            | 0          | 0            |
| Lutein + zeaxanthin <a href="#">11</a>          | µg   | 0                | 2           | --         | 0                           | 0            | 0          | 0            |
| Vitamin E (alpha-tocopherol) <a href="#">12</a> | mg   | 2.32             | 1           | --         | 0.12                        | 0.33         | 5.27       | 2.62         |
| Vitamin E, added                                | mg   | 0.00             | --          | --         | 0.00                        | 0.00         | 0.00       | 0.00         |
| Tocopherol, beta <a href="#">12</a>             | mg   | 0.00             | 1           | --         | 0.00                        | 0.00         | 0.00       | 0.00         |
| Tocopherol, gamma <a href="#">12</a>            | mg   | 0.00             | 1           | --         | 0.00                        | 0.00         | 0.00       | 0.00         |
| Tocopherol, delta <a href="#">12</a>            | mg   | 0.00             | 1           | --         | 0.00                        | 0.00         | 0.00       | 0.00         |
| Vitamin D (D2 + D3)                             | µg   | 0.0              | --          | --         | 0.0                         | 0.0          | 0.0        | 0.0          |
| Vitamin D2 (ergocalciferol)                     | µg   | 0.0              | --          | --         | 0.0                         | 0.0          | 0.0        | 0.0          |
| Vitamin D3 (cholecalciferol)                    | µg   | 0.0              | --          | --         | 0.0                         | 0.0          | 0.0        | 0.0          |
| Vitamin D                                       | IU   | 0                | --          | --         | 0                           | 0            | 0          | 0            |
| Vitamin K (phylloquinone) <a href="#">14</a>    | µg   | 7.0              | 1           | --         | 0.3                         | 1.0          | 15.9       | 7.9          |

**Lipids**

| Nutrient                                 | Unit | 1 Value Per100 g | Data points | Std. Error | 1 pat (1" sq, 1/3" high) 5g | 1 tbsp 14.2g | 1 cup 227g | 1 stick 113g |
|--|------|------------------|-------------|------------|-----------------------------|--------------|------------|--------------|
| Fatty acids, total saturated             | g    | 51.368           | --          | --         | 2.568                       | 7.294        | 116.605    | 58.046       |
| 4:0 <a href="#">15</a>                   | g    | 3.226            | 3           | 0.120      | 0.161                       | 0.458        | 7.323      | 3.645        |
| 6:0 <a href="#">15</a>                   | g    | 2.007            | 3           | 0.038      | 0.100                       | 0.285        | 4.556      | 2.268        |
| 8:0 <a href="#">15</a>                   | g    | 1.190            | 3           | 0.016      | 0.059                       | 0.169        | 2.701      | 1.345        |
| 10:0 <a href="#">15</a>                  | g    | 2.529            | 3           | 0.033      | 0.126                       | 0.359        | 5.741      | 2.858        |
| 12:0 <a href="#">15</a>                  | g    | 2.587            | 3           | 0.046      | 0.129                       | 0.367        | 5.872      | 2.923        |
| 14:0 <a href="#">15</a>                  | g    | 7.436            | 3           | 0.020      | 0.372                       | 1.056        | 16.880     | 8.403        |
| 16:0 <a href="#">15</a>                  | g    | 21.697           | 3           | 0.270      | 1.085                       | 3.081        | 49.252     | 24.518       |
| 17:0 <a href="#">15</a>                  | g    | 0.560            | 3           | 0.015      | 0.028                       | 0.080        | 1.271      | 0.633        |
| 18:0 <a href="#">15</a>                  | g    | 9.999            | 3           | 0.096      | 0.500                       | 1.420        | 22.698     | 11.299       |
| 20:0 <a href="#">15</a>                  | g    | 0.138            | 3           | 0.002      | 0.007                       | 0.020        | 0.313      | 0.156        |
| Fatty acids, total monounsaturated       | g    | 21.021           | --          | --         | 1.051                       | 2.985        | 47.718     | 23.754       |
| 16:1 undifferentiated                    | g    | 0.961            | --          | --         | 0.048                       | 0.136        | 2.181      | 1.086        |
| 16:1 c <a href="#">15</a>                | g    | 0.961            | 3           | 0.008      | 0.048                       | 0.136        | 2.181      | 1.086        |
| 18:1 undifferentiated                    | g    | 19.961           | --          | --         | 0.998                       | 2.834        | 45.311     | 22.556       |
| 18:1 c <a href="#">15</a>                | g    | 16.978           | 3           | 0.397      | 0.849                       | 2.411        | 38.540     | 19.185       |
| 18:1 t <a href="#">15</a>                | g    | 2.982            | 3           | 0.112      | 0.149                       | 0.423        | 6.769      | 3.370        |
| 20:1 <a href="#">15</a>                  | g    | 0.100            | 3           | 0.009      | 0.005                       | 0.014        | 0.227      | 0.113        |
| 22:1 undifferentiated <a href="#">15</a> | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| Fatty acids, total polyunsaturated       | g    | 3.043            | --          | --         | 0.152                       | 0.432        | 6.908      | 3.439        |
| 18:2 undifferentiated                    | g    | 2.728            | --          | --         | 0.136                       | 0.387        | 6.193      | 3.083        |
| 18:2 n-6 c,c <a href="#">15</a>          | g    | 2.166            | 3           | 0.024      | 0.108                       | 0.308        | 4.917      | 2.448        |
| 18:2 CLAs <a href="#">15</a>             | g    | 0.267            | 3           | 0.017      | 0.013                       | 0.038        | 0.606      | 0.302        |
| 18:2 i <a href="#">15</a>                | g    | 0.296            | 3           | 0.048      | 0.015                       | 0.042        | 0.672      | 0.334        |
| 18:3 undifferentiated                    | g    | 0.315            | --          | --         | 0.016                       | 0.045        | 0.715      | 0.356        |
| 18:3 n-3 c,c,c (ALA) <a href="#">15</a>  | g    | 0.315            | 3           | 0.013      | 0.016                       | 0.045        | 0.715      | 0.356        |
| 18:4 <a href="#">15</a>                  | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| 20:4 undifferentiated <a href="#">15</a> | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| 20:5 n-3 (EPA) <a href="#">15</a>        | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| 22:5 n-3 (DPA) <a href="#">15</a>        | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| 22:6 n-3 (DHA) <a href="#">15</a>        | g    | 0.000            | 3           | 0.000      | 0.000                       | 0.000        | 0.000      | 0.000        |
| Fatty acids, total trans                 | g    | 3.278            | --          | --         | 0.164                       | 0.465        | 7.441      | 3.704        |

| Nutrient                           | Unit | 1 Value Per100 g | Data points | Std. Error | 1 pat (1" sq, 1/3" high) 5g | 1 tbsp 14.2g | 1 cup 227g | 1 stick 113g |
|------------------------------------|------|------------------|-------------|------------|-----------------------------|--------------|------------|--------------|
| Fatty acids, total trans-monoenoic | g    | 2.982            | --          | --         | 0.149                       | 0.423        | 6.769      | 3.370        |
| Cholesterol <sup>15</sup>          | mg   | 215              | 3           | 1.261      | 11                          | 31           | 488        | 243          |
| Stigmasterol <sup>15</sup>         | mg   | 0                | 3           | 0.000      | 0                           | 0            | 0          | 0            |
| Campesterol <sup>15</sup>          | mg   | 0                | 3           | 0.000      | 0                           | 0            | 0          | 0            |
| Beta-sitosterol <sup>15</sup>      | mg   | 4                | 3           | 0.118      | 0                           | 1            | 9          | 5            |
| <b>Amino Acids</b>                 |      |                  |             |            |                             |              |            |              |
| Tryptophan                         | g    | 0.012            | --          | --         | 0.001                       | 0.002        | 0.027      | 0.014        |
| Threonine                          | g    | 0.038            | --          | --         | 0.002                       | 0.005        | 0.086      | 0.043        |
| Isoleucine                         | g    | 0.051            | --          | --         | 0.003                       | 0.007        | 0.116      | 0.058        |
| Leucine                            | g    | 0.083            | --          | --         | 0.004                       | 0.012        | 0.188      | 0.094        |
| Lysine                             | g    | 0.067            | --          | --         | 0.003                       | 0.010        | 0.152      | 0.076        |
| Methionine                         | g    | 0.021            | --          | --         | 0.001                       | 0.003        | 0.048      | 0.024        |
| Cystine                            | g    | 0.008            | --          | --         | 0.000                       | 0.001        | 0.018      | 0.009        |
| Phenylalanine                      | g    | 0.041            | --          | --         | 0.002                       | 0.006        | 0.093      | 0.046        |
| Tyrosine                           | g    | 0.041            | --          | --         | 0.002                       | 0.006        | 0.093      | 0.046        |
| Valine                             | g    | 0.057            | --          | --         | 0.003                       | 0.008        | 0.129      | 0.064        |
| Arginine                           | g    | 0.031            | --          | --         | 0.002                       | 0.004        | 0.070      | 0.035        |
| Histidine                          | g    | 0.023            | --          | --         | 0.001                       | 0.003        | 0.052      | 0.026        |
| Alanine                            | g    | 0.029            | --          | --         | 0.001                       | 0.004        | 0.066      | 0.033        |
| Aspartic acid                      | g    | 0.064            | --          | --         | 0.003                       | 0.009        | 0.145      | 0.072        |
| Glutamic acid                      | g    | 0.178            | --          | --         | 0.009                       | 0.025        | 0.404      | 0.201        |
| Glycine                            | g    | 0.018            | --          | --         | 0.001                       | 0.003        | 0.041      | 0.020        |
| Proline                            | g    | 0.082            | --          | --         | 0.004                       | 0.012        | 0.186      | 0.093        |
| Serine                             | g    | 0.046            | --          | --         | 0.002                       | 0.007        | 0.104      | 0.052        |
| <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>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>2</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>8</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>9</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

<sup>10</sup>A. Kingman **Unpublished data. NIDR/NIH, 1984**, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>11</sup>National Institutes of Health (NIH) **Carotenoid analyses of U.S. foods, Food Composition Laboratory**, 1997

<sup>12</sup>Nutrient Data Laboratory, ARS, **USDA Determination of the Tocopherol Content of Selected Foods**, 1992 Beltsville MD

<sup>13</sup>Nutrient Data Laboratory, ARS, **USDA Choline Study, Local pickup UNC, NFNAP**, 2003 Beltsville MD

<sup>14</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>15</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 4c**, 2001 Beltsville MD