

**Basic Report 01002, Butter, whipped, with salt**
**Report Date: August 24, 2019 00:42 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
<b>Proximates</b>						
Water	g	16.72	0.64	1.57	25.25	12.71
Energy	kcal	731	28	69	1104	556
Protein	g	0.49	0.02	0.05	0.74	0.37
Total lipid (fat)	g	78.30	2.98	7.36	118.23	59.51
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00
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	23	1	2	35	17
Iron, Fe	mg	0.05	0.00	0.00	0.08	0.04
Magnesium, Mg	mg	1	0	0	2	1
Phosphorus, P	mg	24	1	2	36	18
Potassium, K	mg	41	2	4	62	31
Sodium, Na	mg	583	22	55	880	443
Zinc, Zn	mg	0.05	0.00	0.00	0.08	0.04
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.007	0.000	0.001	0.011	0.005
Riboflavin	mg	0.064	0.002	0.006	0.097	0.049
Niacin	mg	0.022	0.001	0.002	0.033	0.017
Vitamin B-6	mg	0.008	0.000	0.001	0.012	0.006
Folate, DFE	µg	4	0	0	6	3
Vitamin B-12	µg	0.07	0.00	0.01	0.11	0.05
Vitamin A, RAE	µg	683	26	64	1031	519
Vitamin A, IU	IU	2468	94	232	3727	1876
Vitamin E (alpha-tocopherol)	mg	1.37	0.05	0.13	2.07	1.04

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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	4.6	0.2	0.4	6.9	3.5
<b>Lipids</b>						
Fatty acids, total saturated	g	45.390	1.725	4.267	68.539	34.496
Fatty acids, total monounsaturated	g	19.874	0.755	1.868	30.010	15.104
Fatty acids, total polyunsaturated	g	3.331	0.127	0.313	5.030	2.532
Fatty acids, total trans	g	2.669	0.101	0.251	4.030	2.028
Cholesterol	mg	225	9	21	340	171
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0