

Basic Report 04128, Margarine,spread, 35-39% fat, tub

Report Date: September 18, 2019 01:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 232g	1 tsp 4.8g
Proximates				
Water	g	58.67	136.11	2.82
Energy	kcal	349	810	17
Protein	g	0.23	0.53	0.01
Total lipid (fat)	g	37.98	88.11	1.82
Carbohydrate, by difference	g	1.52	3.53	0.07
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	6	14	0
Iron, Fe	mg	0.04	0.09	0.00
Magnesium, Mg	mg	1	2	0
Phosphorus, P	mg	7	16	0
Potassium, K	mg	51	118	2
Sodium, Na	mg	584	1355	28
Zinc, Zn	mg	0.02	0.05	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.003	0.007	0.000
Riboflavin	mg	0.003	0.007	0.000
Niacin	mg	0.004	0.009	0.000
Vitamin B-6	mg	0.384	0.891	0.018
Folate, DFE	µg	1	2	0
Vitamin B-12	µg	0.06	0.14	0.00
Vitamin A, RAE	µg	1348	3127	65
Vitamin A, IU	IU	5339	12386	256
Vitamin E (alpha-tocopherol)	mg	13.45	31.20	0.65

Nutrient	Unit	1 Value Per100 g	1 cup 232g	1 tsp 4.8g
Vitamin D (D2 + D3)	µg	17.5	40.6	0.8
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	74.6	173.1	3.6
Lipids				
Fatty acids, total saturated	g	8.656	20.082	0.415
Fatty acids, total monounsaturated	g	11.192	25.965	0.537
Fatty acids, total polyunsaturated	g	16.090	37.329	0.772
Fatty acids, total trans	g	0.079	0.183	0.004
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0