

Basic Report 01002, Butter, whipped, with salt
Report Date: March 22, 2018 15:20 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
Proximates						
Water	g	16.72	0.64	1.57	25.25	12.71
Energy	kcal	718	27	67	1084	546
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	2.87	0.11	0.27	4.33	2.18
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
Minerals						
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
Vitamins						
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
Lipids						
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
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0