

Basic Report 01002, Butter, whipped, with salt

Report Date: June 26, 2017 20:10 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 |

| 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 |
|------------------------------------|------|------------------------|----------------------------------|----------------|---------------|----------------|
| 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 |