

## Full Report (All Nutrients) 01002, Butter, whipped, with salt

Report Date: June 28, 2017 03:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
<b>Proximates</b>								
Water <a href="#">1</a>	g	16.72	9	0.053	0.64	1.57	25.25	12.71
Energy	kcal	718	--	--	27	67	1084	546
Energy	kJ	3005	--	--	114	282	4538	2284
Protein <a href="#">1</a>	g	0.49	9	0.008	0.02	0.05	0.74	0.37
Total lipid (fat) <a href="#">1</a>	g	78.30	9	0.228	2.98	7.36	118.23	59.51
Ash <a href="#">1</a>	g	1.62	9	0.026	0.06	0.15	2.45	1.23
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
<b>Minerals</b>								
Calcium, Ca <a href="#">1</a>	mg	23	9	0.362	1	2	35	17
Iron, Fe <a href="#">1</a>	mg	0.05	8	0.003	0.00	0.00	0.08	0.04
Magnesium, Mg <a href="#">1</a>	mg	1	9	0.022	0	0	2	1
Phosphorus, P <a href="#">1</a>	mg	24	9	0.252	1	2	36	18
Potassium, K <a href="#">1</a>	mg	41	9	1.498	2	4	62	31
Sodium, Na <a href="#">1</a>	mg	583	9	8.719	22	55	880	443
Zinc, Zn <a href="#">1</a>	mg	0.05	9	0.002	0.00	0.00	0.08	0.04
Copper, Cu <a href="#">1</a>	mg	0.010	9	0.001	0.000	0.001	0.015	0.008
Manganese, Mn <a href="#">1</a>	mg	0.001	9	0.000	0.000	0.000	0.002	0.001
Selenium, Se <a href="#">1</a>	µg	0.0	6	0.000	0.0	0.0	0.0	0.0
Fluoride, F <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	2.8	19	0.674	0.1	0.3	4.2	2.1

### Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.007	6	0.000	0.000	0.001	0.011	0.005
Riboflavin <a href="#">1</a>	mg	0.064	6	0.019	0.002	0.006	0.097	0.049
Niacin <a href="#">1</a>	mg	0.022	6	0.000	0.001	0.002	0.033	0.017
Pantothenic acid <a href="#">1</a>	mg	0.097	4	0.000	0.004	0.009	0.146	0.074
Vitamin B-6 <a href="#">1</a>	mg	0.008	6	0.000	0.000	0.001	0.012	0.006
Folate, total <a href="#">1</a>	µg	4	2	--	0	0	6	3
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	4	2	--	0	0	6	3
Folate, DFE	µg	4	--	--	0	0	6	3
Choline, total <a href="#">5</a>	mg	18.8	--	--	0.7	1.8	28.4	14.3
Betaine <a href="#">5</a>	mg	0.3	1	--	0.0	0.0	0.5	0.2
Vitamin B-12 <a href="#">1</a>	µg	0.07	6	0.000	0.00	0.01	0.11	0.05
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	683	--	--	26	64	1031	519
Retinol <a href="#">1</a>	µg	671	4	20.908	25	63	1013	510
Carotene, beta <a href="#">1</a>	µg	135	4	8.550	5	13	204	103
Carotene, alpha <a href="#">1</a>	µg	1	4	0.718	0	0	2	1
Cryptoxanthin, beta <a href="#">1</a>	µg	6	4	0.658	0	1	9	5
Vitamin A, IU	IU	2468	--	--	94	232	3727	1876
Lycopene <a href="#">1</a>	µg	0	4	0.000	0	0	0	0
Lutein + zeaxanthin <a href="#">1</a>	µg	13	4	1.954	0	1	20	10
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.37	6	0.101	0.05	0.13	2.07	1.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.07	6	0.008	0.00	0.01	0.11	0.05
Tocopherol, gamma <a href="#">1</a>	mg	0.08	6	0.028	0.00	0.01	0.12	0.06
Tocopherol, delta <a href="#">1</a>	mg	0.00	6	0.000	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	2	--	0.0	0.0	0.0	0.0
Vitamin D2 (ergocalciferol) <a href="#">1</a>	µg	0.0	2	--	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	0.0	2	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	4.6	4	0.024	0.2	0.4	6.9	3.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
<b>Lipids</b>								
Fatty acids, total saturated	g	45.390	--	--	1.725	4.267	68.539	34.496
4:0 <a href="#">1</a>	g	1.635	9	0.005	0.062	0.154	2.469	1.243
6:0 <a href="#">1</a>	g	1.373	9	0.004	0.052	0.129	2.073	1.043
8:0 <a href="#">1</a>	g	0.858	9	0.005	0.033	0.081	1.296	0.652
10:0 <a href="#">1</a>	g	2.039	9	0.016	0.077	0.192	3.079	1.550
12:0 <a href="#">1</a>	g	2.354	9	0.019	0.089	0.221	3.555	1.789
14:0 <a href="#">1</a>	g	7.515	9	0.034	0.286	0.706	11.348	5.711
15:0 <a href="#">1</a>	g	0.801	9	0.009	0.030	0.075	1.210	0.609
16:0 <a href="#">1</a>	g	20.531	9	0.139	0.780	1.930	31.002	15.604
17:0 <a href="#">1</a>	g	0.476	9	0.004	0.018	0.045	0.719	0.362
18:0 <a href="#">1</a>	g	7.649	9	0.098	0.291	0.719	11.550	5.813
20:0 <a href="#">1</a>	g	0.106	9	0.002	0.004	0.010	0.160	0.081
22:0 <a href="#">1</a>	g	0.032	9	0.003	0.001	0.003	0.048	0.024
24:0 <a href="#">1</a>	g	0.021	9	0.000	0.001	0.002	0.032	0.016
Fatty acids, total monounsaturated	g	19.874	--	--	0.755	1.868	30.010	15.104
14:1 <a href="#">1</a>	g	0.781	9	0.012	0.030	0.073	1.179	0.594
15:1 <a href="#">1</a>	g	0.000	9	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	1.417	9	0.028	0.054	0.133	2.140	1.077
16:1 c <a href="#">1</a>	g	1.170	9	0.029	0.044	0.110	1.767	0.889
16:1 t <a href="#">1</a>	g	0.246	9	0.004	0.009	0.023	0.371	0.187
17:1 <a href="#">1</a>	g	0.152	9	0.003	0.006	0.014	0.230	0.116
18:1 undifferentiated <a href="#">1</a>	g	17.370	9	0.130	0.660	1.633	26.229	13.201
18:1 c <a href="#">1</a>	g	15.459	9	0.100	0.587	1.453	23.343	11.749
18:1 t <a href="#">1</a>	g	1.911	9	0.035	0.073	0.180	2.886	1.452
20:1 <a href="#">1</a>	g	0.147	9	0.002	0.006	0.014	0.222	0.112
22:1 undifferentiated <a href="#">1</a>	g	0.005	9	0.000	0.000	0.000	0.008	0.004
22:1 c <a href="#">1</a>	g	0.005	9	0.000	0.000	0.000	0.008	0.004
22:1 t <a href="#">1</a>	g	0.000	9	0.000	0.000	0.000	0.000	0.000
24:1 c <a href="#">1</a>	g	0.002	9	0.000	0.000	0.000	0.003	0.002
Fatty acids, total polyunsaturated	g	3.331	--	--	0.127	0.313	5.030	2.532
18:2 undifferentiated <a href="#">1</a>	g	2.713	9	0.045	0.103	0.255	4.097	2.062

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
18:2 n-6 c,c <a href="#">1</a>	g	1.798	9	0.036	0.068	0.169	2.715	1.366
18:2 CLAs <a href="#">1</a>	g	0.413	9	0.007	0.016	0.039	0.624	0.314
18:2 t not further defined <a href="#">1</a>	g	0.503	9	0.009	0.019	0.047	0.760	0.382
18:3 undifferentiated <a href="#">1</a>	g	0.298	9	0.003	0.011	0.028	0.450	0.226
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.285	9	0.003	0.011	0.027	0.430	0.217
18:3 n-6 c,c,c <a href="#">1</a>	g	0.005	9	0.001	0.000	0.000	0.008	0.004
18:3i <a href="#">1</a>	g	0.008	9	0.001	0.000	0.001	0.012	0.006
18:4 <a href="#">1</a>	g	0.003	9	0.002	0.000	0.000	0.005	0.002
20:2 n-6 c,c <a href="#">1</a>	g	0.016	9	0.000	0.001	0.002	0.024	0.012
20:3 undifferentiated <a href="#">1</a>	g	0.086	9	0.001	0.003	0.008	0.130	0.065
20:3 n-6 <a href="#">1</a>	g	0.081	9	0.001	0.003	0.008	0.122	0.062
20:4 undifferentiated <a href="#">1</a>	g	0.119	9	0.002	0.005	0.011	0.180	0.090
20:5 n-3 (EPA) <a href="#">1</a>	g	0.022	9	0.001	0.001	0.002	0.033	0.017
22:4 <a href="#">1</a>	g	0.020	9	0.001	0.001	0.002	0.030	0.015
22:5 n-3 (DPA) <a href="#">1</a>	g	0.045	9	0.000	0.002	0.004	0.068	0.034
22:6 n-3 (DHA) <a href="#">1</a>	g	0.003	9	0.000	0.000	0.000	0.005	0.002
Fatty acids, total trans	g	2.669	--	--	0.101	0.251	4.030	2.028
Fatty acids, total trans-monoenoic	g	2.157	--	--	0.082	0.203	3.257	1.639
Cholesterol <a href="#">1</a>	mg	225	6	0.495	9	21	340	171
<b>Amino Acids</b>								
Tryptophan	g	0.012	--	--	0.000	0.001	0.018	0.009
Threonine	g	0.038	--	--	0.001	0.004	0.057	0.029
Isoleucine	g	0.051	--	--	0.002	0.005	0.077	0.039
Leucine	g	0.083	--	--	0.003	0.008	0.125	0.063
Lysine	g	0.067	--	--	0.003	0.006	0.101	0.051
Methionine	g	0.021	--	--	0.001	0.002	0.032	0.016
Cystine	g	0.008	--	--	0.000	0.001	0.012	0.006
Phenylalanine	g	0.041	--	--	0.002	0.004	0.062	0.031
Tyrosine	g	0.041	--	--	0.002	0.004	0.062	0.031
Valine	g	0.057	--	--	0.002	0.005	0.086	0.043
Arginine	g	0.031	--	--	0.001	0.003	0.047	0.024
Histidine	g	0.023	--	--	0.001	0.002	0.035	0.017
Alanine	g	0.029	--	--	0.001	0.003	0.044	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 pat (1" sq, 1/3" high) 3.8g	1 tbsp 9.4g	1 cup 151g	1 stick 76g
Aspartic acid	g	0.064	--	--	0.002	0.006	0.097	0.049
Glutamic acid	g	0.178	--	--	0.007	0.017	0.269	0.135
Glycine	g	0.018	--	--	0.001	0.002	0.027	0.014
Proline	g	0.082	--	--	0.003	0.008	0.124	0.062
Serine	g	0.046	--	--	0.002	0.004	0.069	0.035
<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>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

<sup>2</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>3</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

<sup>4</sup>A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD