

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

Report Date: October 22, 2017 06:05 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<br>Per100 g | Data<br>points | Std.<br>Error | 1 pat (1" sq, 1/3" high)<br>3.8g | 1 tbsp<br>9.4g | 1 cup<br>151g | 1 stick<br>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