

Basic Report 01003, Butter oil, anhydrous

Report Date: September 23, 2017 14:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 12.8g	1 cup 205g
Proximates				
Water	g	0.24	0.03	0.49
Energy	kcal	876	112	1796
Protein	g	0.28	0.04	0.57
Total lipid (fat)	g	99.48	12.73	203.93
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	4	1	8
Iron, Fe	mg	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	3	0	6
Potassium, K	mg	5	1	10
Sodium, Na	mg	2	0	4
Zinc, Zn	mg	0.01	0.00	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.001	0.000	0.002
Riboflavin	mg	0.005	0.001	0.010
Niacin	mg	0.003	0.000	0.006
Vitamin B-6	mg	0.001	0.000	0.002
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.01	0.00	0.02
Vitamin A, RAE	µg	840	108	1722
Vitamin A, IU	IU	3069	393	6291
Vitamin E (alpha-tocopherol)	mg	2.80	0.36	5.74

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	8.6	1.1	17.6
Lipids				
Fatty acids, total saturated	g	61.924	7.926	126.944
Fatty acids, total monounsaturated	g	28.732	3.678	58.901
Fatty acids, total polyunsaturated	g	3.694	0.473	7.573
Cholesterol	mg	256	33	525
Amino Acids				
Other				
Caffeine	mg	0	0	0