



Food ID: K001

Food name and Description: Butter

Scientific name:

Alternate/Common name(s): Mantekilya

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	16
Energy, calculated (kcal)	772
Protein (g)	0.5
Total Fat (g)	85.5
Carbohydrate, total (g)	0
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	18
Phosphorus, P (mg)	18
Iron, Fe (mg)	0.6
Sodium, Na (mg)	550

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	355
beta-Carotene (µg)	335
Retinol Activity Equivalent, RAE (µg)	383
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	53.68
Fatty acids, monounsaturated, total (g)	23.43
Fatty acids, polyunsaturated, total(g)	3.19
Cholesterol (mg)	227