

Butter, light, stick, without salt

Refuse: 0%

NDB No: 04602 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	43.20	1	0.000
Energy	kcal	499	0	0.000
Energy	kJ	2088	0	0.000
Protein	g	3.30	1	0.000
Total lipid (fat)	g	55.10	1	0.000
Ash	g	0.50	0	0.000
Carbohydrate, by difference	g	0.00	1	0.000
Fiber, total dietary	g	0.0	0	0.000
Sugars, total	g	0.00	0	0.000
Minerals				
Calcium, Ca	mg	48	1	0.000
Iron, Fe	mg	1.09	1	0.000
Magnesium, Mg	mg	5	1	0.000
Phosphorus, P	mg	34	1	0.000
Potassium, K	mg	71	1	0.000
Sodium, Na	mg	36	1	0.000
Zinc, Zn	mg	0.26	1	0.000
Copper, Cu	mg	0.000	1	0.000

Selenium, Se	mcg	1.0	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	1	0.000
Thiamin	mg	0.010	1	0.000
Riboflavin	mg	0.070	1	0.000
Niacin	mg	0.020	1	0.000
Vitamin B-6	mg	0.010	1	0.000
Folate, total	mcg	1	1	0.000
Folic acid	mcg	0	0	0.000
Folate, food	mcg	1	1	0.000
Folate, DFE	mcg_DFE	1	0	0.000
Choline, total	mg	12.9	0	0.000
Vitamin B-12	mcg	0.13	1	0.000
Vitamin B-12, added	mcg	0.00	0	0.000
Vitamin A, RAE	mcg_RAE	465	0	0.000
Retinol	mcg	456	0	0.000
Carotene, beta	mcg	107	0	0.000
Carotene, alpha	mcg	0	0	0.000
Cryptoxanthin, beta	mcg	0	0	0.000
Vitamin A, IU	IU	1698	0	0.000
Lycopene	mcg	0	0	0.000
Lutein + zeaxanthin	mcg	0	0	0.000
Vitamin E (alpha-tocopherol)	mg	1.58	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	mcg	1.0	0	0.000

Vitamin D3 (cholecalciferol)	mcg	1.0	0	0.000
Vitamin D	IU	40	0	0.000
Vitamin K (phylloquinone)	mcg	4.8	0	0.000
Lipids				
Fatty acids, total saturated	g	34.321	0	0.000
4:0	g	1.788	0	0.000
6:0	g	1.060	0	0.000
8:0	g	0.619	0	0.000
10:0	g	1.380	0	0.000
12:0	g	1.550	0	0.000
14:0	g	5.547	0	0.000
16:0	g	14.499	0	0.000
18:0	g	6.682	0	0.000
Fatty acids, total monounsaturated	g	15.927	0	0.000
16:1 undifferentiated	g	1.237	0	0.000
18:1 undifferentiated	g	13.867	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	2.046	0	0.000
18:2 undifferentiated	g	1.244	0	0.000
18:3 undifferentiated	g	0.802	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000

22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	106	0	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 23 (2010)