



The Nutritional Composition of Dairy Foods

Nutritional Composition of Butter per 100g^a

	Butter ^b
Energy	
kcal	744
kJ	3059
Protein (g)	0.6
Carbohydrates (g)	0.6
Fat (g)	82.2
Saturated fatty acids (g)	52.1
Monounsaturated fatty acids (g)	20.9
Polyunsaturated fatty acids (g)	2.8
Trans fatty acids (g)	2.9
Sodium (mg)	606 ^c
Potassium (mg)	27
Calcium (mg)	18
Magnesium (mg)	2
Phosphorus (mg)	23
Iron (mg)	Tr
Copper (mg)	0.01
Zinc (mg)	0.1
Chloride (mg)	994
Manganese (mg)	Tr
Selenium (µg)	Tr
Iodine (µg)	38
Retinol (µg)	958
Carotene (µg)	608 ^d
Vitamin D (µg)	0.9
Vitamin E (mg)	1.85

Thiamin (mg)	Tr
Riboflavin (mg)	0.07
Niacin (mg)	Tr
Trypt 60 (mg)	0.1
Vitamin B₆ (mg)	Tr
Vitamin B₁₂ (µg)	0.3
Folate (µg)	Tr
Pantothenate (mg)	0.05
Biotin (µg)	0.2
Vitamin C (mg)	Tr

^a Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry.

^b Description and source of data: Average of UK/Irish, Danish, French, New Zealand, salted and unsalted.

^c Unsalted butter contains 9mg Na and 19mg Cl per 100g.

^d Some brands may not contain β-carotene.

Tr: Trace