

# Butter

| <b>Nutrition Facts</b>  |           |                       |                  |
|---|-----------|-----------------------|------------------|
| Serving Size: 1 Tbsp (14g)  |           |                       |                  |
| Servings Per Container:   |           |                       |                  |
| <b>Amount per Serving</b>   |           |                       |                  |
| Calories 100  |           | Calories from Fat 100 |                  |
| % Daily Value *   |           |                       |                  |
| <b>Total Fat</b> 11g  |           | 17%                   |                  |
| Saturated Fat 7g  |           | 36%                   |                  |
| <i>Trans Fat</i> 0g   |           |                       |                  |
| <b>Cholesterol</b> 30 mg  |           | 10%                   |                  |
| <b>Sodium</b> 90 mg   |           | 4%                    |                  |
| <b>Total Carbohydrates</b> 0g   |           | 0%                    |                  |
| <b>Protein</b>  |           |                       |                  |
| Vitamin A 8%  |           | Vitamin C 0%          |                  |
| Calcium 0%  |           | Iron 0%               |                  |
| * Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |           |                       |                  |
|   |           | Calories              | 2,000      2,500 |
| Total Fat   | less than | 65 g                  | 80 g             |
| Sat. Fat  | less than | 20 g                  | 25 g             |
| Cholesterol   | less than | 300 mg                | 300 mg           |
| Sodium  | less than | 2,400 mg              | 2,400 mg         |
| Total Carbohydrates   |           | 300 g                 | 375 g            |
| Dietary Fiber   |           | 25 g                  | 30 g             |