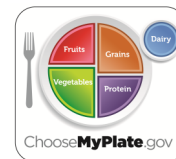


Butter, Salted



Product Description

- This product is 100% natural butter. The product has excellent spreadability characteristics. A small amount of salt has been added.

Storage

- Store unopened tubs of butter in the refrigerator until ready to use.
- After opening, cover with lid and store in the refrigerator.

Uses and Tips

- Use butter to coat a skillet or pan when cooking vegetables or meats.
- Spread butter over toast.
- Mix butter with garlic powder and other spices; spread over slices of bread and heat in the oven for quick garlic bread.
- Mix butter with spices and spread over warm vegetables.

Nutrition Information

- 1 tablespoon of butter counts as 2 ½ teaspoons of oils in MyPlate.gov. For a 2,000-calorie diet, the recommended daily allowance is 6 teaspoons.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 tablespoon butter (14g)

Amount Per Serving

Calories 102 **Calories from Fat** 69

-% Daily Value*

Total Fat 11.5g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 7%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.