Penn State Univeristy
BERKEY CREAMERY

BUTTER

Butter

Salted Quarters

INGREDIENTS: Butter, salt. Contains milk

Nutrition Facts

Serving Size 1 tbsp (14g)
Servings Per Container 32

Amount Per Serving

Calories 100 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 95mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 8% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 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		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4