

## NUTRITIONAL INFORMATION

All nutritional values on this website are correct as of January 2009. Product and nutritional information can be compared by checking the packaging of each item.

PRODUCT	ENERGY	FAT	of which saturates:	PROTEIN	CARBS	of which sugars	SODIUM	Salt equivalent	INGREDIENTS
Anchor Butter	3019kj / 734kcal	80.9g	54.0g	0.6g	0.9g	0.6g	0.68g	1.7g	Butter, Salt (1.7%),
Anchor Lighter	2237kj / 544kcal	60.0g	23.7g	0.5g	0.5g	0.5g	0.5g	1.3g	Butter (43%), Vegetable Oil (25%), Water, Buttermilk (6%), Salt (1.3%)
Anchor Spreadable	2970kj / 722kcal	80.0g	31.2g	0.3g	0.3g	0.3g	0.5g	1.3g	Butter (58%), Vegetable Oil (33%), Water, Salt (1.3%)
Anchor Unsalted	3084kj / 750kcal	82.8g	50.0g	0.6g	0.6g	0.0g	0.0g	0.0g	Butter
Bertolli	2203kj / 536kcal	59.0g	14.0g	0.2g	1.0g	1.0g	0.32g	0.8g	Bertolli Olive Oil (Composed Of Refined Olive Oils and Virgin Olive Oils), Rapeseed Oil, Water, Whey (From Milk), Vegetable Oils, Buttermilk, Salt (0.8%), Emulsifier (Mono- and Di-glycerides Of Fatty Acids), Preservatives (Potassium Sorbate), Thickener (Sodium Alginate), Citric Acid, Vitamin E, Flavouring, Vitamin A & D, Colour (Carotenes).
Clover	2802kj / 681kcal	75.0g	26.9g	0.6g	0.8g	0.8g	0.7g	1.7g	Vegetable Oils, Buttermilk (29%), Water, Skimmed Milk, Cream, Salt (1.7%), Emulsifier (E471, Soya Lecithin), Flavourings, Vitamins (E, A & D), Colour (E160a)
Country Life Butter, Slightly Salted	3031kj / 737kcal	81.7g	54.0g	0.5g	trace	trace	0.8g	2.0g	Butter, Salt (2%)
Country Life Spreadable	2836kj / 689kcal	76.0g	3.7g	0.2g	0.3g	0.3g	0.5g	1.3g	Butter (66%), Vegetable Oil (23%), Water, Salt (1.3%)
Country Life Spreadable Lighter	2259kj / 549kcal	60.0g	23.9g	1.0g	1.3g	1.3g	0.4g	1g	Butter (42%), Buttermilk, Vegetable Oil (25%), Water, Salt (1%)
Flora Original	2183kj / 531kcal	59.0g	12.0g	trace	trace	trace	0.6g	1.4g	Vegetable Oils (Seed Oils 85%), Water, Salt (1.4%), Buttermilk, Emulsifier: Mono- and Diglycerides of Fatty Acids, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Vitamin B6, Flavouring, Colour: Beta-Carotene, Folic Acid, Vitamins A, D and B12
Flora no salt	1459kj / 354kcal	38.0g	9.3g	0.1g	3.0g	trace	0.0g	0.0g	Water, Vegetable Oils (Seed Oils 80%), Modified Tapioca Starch, Buttermilk, Emulsifier: Mono- and Diglycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Vitamin B6, Flavouring, Colour: Beta-Carotene, Folic Acid, Vitamins A, D and B12

PRODUCT	ENERGY	FAT	of which saturates:	PROTEIN	CARBS	of which sugars	SODIUM	Salt equivalent	INGREDIENTS
Flora Omega 3 Plus	1445kj / 350kcal	38.0g	9.5g	0.1g	3.0g	trace	0.5g	1.3g	Water, Vegetables Oils, Modified Tapioca Starch, Fish Oil [2.7%], Salt (1.3%), Buttermilk, Emulsifiers: Mono- And Di-glycerides of fatty acids, soyabean lecithin, Preservative (Potassium sorbate), Citric Acid, Antioxidant: Tocopherols, Vitamin E, Calcium Disodium EDTA, Vitamin B6, Flavouring, Colour (Beta Carotene), Folic Acid, Vitamins A, D and B12
Flora Pro-Activ Light	1331kj / 324kcal	35.0g	9.0g	0.1g	2.5g	0.0g	0.4g	1.0g	Water, Vegetable Oils [inc Sunflower Oils], Plant Sterol Esters (12.5%), Modified Tapioca Starch, Salt (1.0%), Buttermilk, Emulsifiers: Mono- And Di-glycerides of fatty acids, Sunflower Lecithin, Preservative (Potassium sorbate), Citric Acid, Vitamin E, Flavouring, Vitamin B6, Folic Acid, Colour (Beta-Carotene), Vitamins A, D and B12
Flora Pro-Activ with Olive Oil	1331kj / 324kcal	35.0g	9.5g	0.1g	2.5g	0.0g	0.4g	1.0g	Water, Vegetable Oil (including Sunflower Oil), Plant Sterol Esters (12.5%), Olive Oil Composed Of Refined Olive Oils and Virgin Olive Oils, Modified Tapioca Starch, Salt (1.0%), Buttermilk, Emulsifier (mono- and Di-glycerides Of Fatty Acids, Sunflower Lecithin), Preservative (potassium Sorbate), Citric Acid, Vitamin E, Flavouring, Vitamin B6, Folic Acid, Colour (beta-carotene), Vitamins A, D and B12.
Flora Buttery	2605kj / 634kcal	70.0g	15.6g	0.4g	0.6g	0.6g	0.7g	1.6g	Vegetable Oils (Sunflower Oil 36%), Water, Buttermilk (5%), Salt (1.5%), Emulsifier (Mono- and Di-glycerides Of Fatty Acids), Preservative (Potassium Sorbate), Citric Acid, Vitamin E, Flavouring, Vitamin B6, Colour (Beta-carotene), Folic Acid, Vitamins A, D and B12.
Flora Extra Light	775kj / 188kcal	18.0g	5.1g	5.0g	1.6g	0.1g	0.4g	1.0g	Water, Vegetable Oils (Seed Oils 78%), Gelatine (Pork), Buttermilk, Rice Starch, Salt (1%), Emulsifiers: Mono- and Diglycerides of Fatty Acids, Poly Glycerol Poly Ricinoleate, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Flavouring, Colour: Beta-Carotene, Vitamin B6, Folic Acid, Vitamins A, D and B12
Flora Light	1459kj / 354kcal	38.0g	0.3g	0.1g	2.8g	0.0g	0.5g	1.3g	Water, Vegetable Oils (Seed Oils 80%), Modified Tapioca Starch, Salt (1.3%), Buttermilk, Emulsifier: Mono- and Diglycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Vitamin B6, Flavouring, Colour: Beta-Carotene, Folic Acid, Vitamins A, D and B12

PRODUCT	ENERGY	FAT	of which saturates:	PROTEIN	CARBS	of which sugars	SODIUM	Salt equivalent	INGREDIENTS
I Can't Believe It's Not Butter Light	1454kj / 354kcal	38.0g	11.0g	0.1g	3.0g	0.0g	0.6g	1.5g	Water, Vegetable Oils, Modified Tapioca Starch, Salt (1.5%), Buttermilk (1%), Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Citric Acid, Flavouring, Vitamin E, Colour: Beta-Carotene, Vitamins A & D.
I Can't Believe It's Not Butter	2205kj / 536kcal	59.0g	19.9g	0.2g	0.2g	0.2g	0.6g	1.5g	Vegetable Oils, Buttermilk (5%), Water, Salt (1.5%), Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Vitamin E, Citric Acid, Flavouring, Colour: Beta-Carotene, Vitamins A & D.
Kerrygold Pure Irish Butter	2970kj / 720kcal	80.0g		0.4g	trace	trace		2.0g	Butter, Salt (2%)
Kerrygold Softer Butter	2970kj / 720kcal	80.0g		0.4g	0.3g			1.5g	Butter, Salt (1.5%)
Lurpak Slightly Salted Butter	3050kj / 742kcal	81.5g	52.0g	1.0g	1.0g	1.0g	0.47g	1.2g	Butter, Salt (1.2%).
Lurpak Lighter Spreadable	2237kj / 544kcal	60.0g	26.6g	0.5g	0.5g	0.5g	0.32g	0.9g	Butter (47%), water, vegetable oil (22%), lactic culture, salt (0.9%).
Lurpak Organic Spreadable	2994kj / 728kcal	80.0g	37.0g	1.0g	1.0g	1.0g	0.36g	0.9g	Organic Butter (69%), Organic Rapeseed oil (25%), lactic culture, salt (0.9%)
Lurpak Unsalted	3079kj / 749kcal	82.4g	53.0g	1.0g	0.8g	0.8g	0.0g	0.0g	Butter
Lurpak Spreadable Slightly Salted	2994kj / 728kcal	80.0g	40.0g	1.0g	1.0g	1.0g	0.35g	0.9g	Butter, Vegetable Oil, Lactic Culture, Salt (0.9%)
Pure Dairy Free Soya	2191kj / 533kcal	59.0g	14.0g	0.0g	0.0g	0.0g	0.3g	0.75g	Soya Oil (45%), Water, Palm Oil, Salt (0.75%), Emulsifier (mono and Diglycerides Of Vegetable Fatty Acids), Vitamin E, Natural Flavouring, Vitamin a, Colour (natural Carotenes), Vitamin D as D2, Vitamin B12.
Pure Dairy Free Sunflower	2467kj / 600kcal	67.0g	15.0g	nil	0.0g	0.0g	0.3g	0.75g	Sunflower Oil (40%), Water, Palm Oil, Flaxseed Oil, Salt (0.75%), Emulsifier (mono and Diglycerides Of Sunflower Fatty Acids), Vitamin E, Vitamin a, Colour (natural Carotenes), Vitamin D as D2, Vitamin B12.
Utterly Butterly	2198kj / 534kcal	59.0g	14.7g	0.3g	0.5g	0.5g	0.63g	1.6g	Vegetable Oils, Water, Reconstituted Buttermilk (9%), Salt (1.6%), Emulsifiers - E471, Soya Lecithin, Preservative - Potassium Sorbate, Lactic Acid, Flavouring, Colour - Natural Beta Carotene, Vitamins A & D
Yeo Valley Organic Spreadable	2960kj / 720kcal	80.0g	34.0g	0.4g	0.5g	0.5g	0.5g	1.3g	Organic Butter (65%), Organic Sunflower Oil (30%), Water, Salt (1.3%), Fat Blend.

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