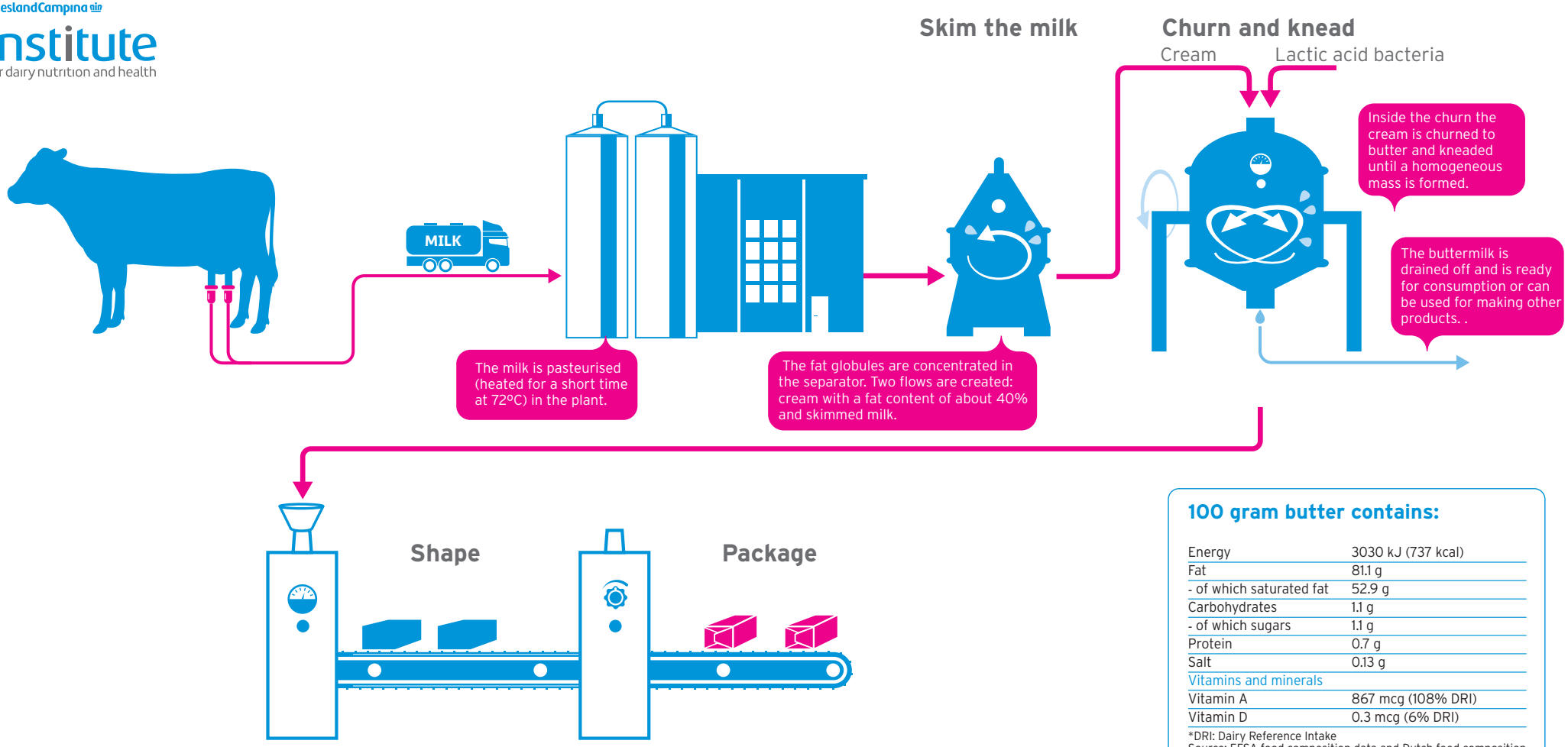
FrieslandCampina
Institute
for dairy nutrition and health

How is butter made?



100 gram butter contains:

Energy	3030 kJ (737 kcal)
Fat	81.1 g
- of which saturated fat	52.9 g
Carbohydrates	1.1 g
- of which sugars	1.1 g
Protein	0.7 g
Salt	0.13 g
Vitamins and minerals	
Vitamin A	867 mcg (108% DRI)
Vitamin D	0.3 mcg (6% DRI)

*DRI: Dairy Reference Intake
Source: EFSA food composition data and Dutch food composition data (Nevo-online 2016)

What determines the taste of butter?

After the kneading process lactic acid is added to the butter. This gives the butter the desired taste and aroma. After this process salt can be added to make salted butter or other herbs to make herb butter.

Did you know that

- Butter has a minimum fat content of 80%? Therefore butter contains small amounts of vitamin A and D.
- Churning physically agitates the cream until it ruptures the milk fat membranes. Once broken, the fat droplets can join with each other and form clumps of fat.
- Producing 1 kilo of butter requires about 20 litres of milk?