

Salted Butter (per 10g or 2 tsp. serving)		
	Amount	% Daily Value
Calories	70	
Fat	8 g	12 %
Saturated	5 g	26 %
Trans Fat	0.2 g	
Cholesterol	20 mg	
Sodium	80 mg	3 %
Carbohydrate	0 g	0 %
Fibre	0 g	0 %
Sugars	0 g	
Protien	0 g	
Vitamin A		10 %
Vitamin C		0 %
Calcium		0 %
Iron		0 %

Unsalted Butter (per 10g or 2 tsp. serving)		
	Amount	% Daily Value
Calories	72	
Fat	8 g	12 %
Saturated	5 g	26 %
Trans Fat	0.2 g	
Cholesterol	20 mg	
Sodium	1 mg	0 %
Carbohydrate	0 g	0 %
Fibre	0 g	0 %
Sugars	0 g	
Protien	0.1 g	
Vitamin A		10 %
Vitamin C		0 %
Calcium		0 %
Iron		0 %

Eggs (per 1 large egg)		
	Amount	% Daily Value
Calories	70	
Fat	5 g	8 %
Saturated	1.5 g	8 %
Trans Fat	0 g	
Cholesterol	190 mg	
Sodium	55 mg	2 %
Carbohydrate	0 g	0 %
Fibre	0 g	0 %
Sugars	0 g	
Protien	6 g	
Vitamin A		8 %
Vitamin C		0 %
Calcium		2 %
Iron		2 %