

Butter Fact Sheet

Graham's the Family Dairy's butter range is churned in the traditional way making it smooth and creamy.



Buttery Facts

- Butter is yellow because it contains something called Carotene which comes from the food the cows eat.
- Butter dates back to 10,000 years ago!
- Today, butter is the world's most popular fat.
- Long ago people used to use butter to burn in lamps.
- It was also used to smear onto the skin to keep people warm.
- The Greeks and Romans used to use butter in their hair to keep it shiny.
- And the ancient Scots loved it so much, they were buried with it!
- Butter has featured in the Bible & in Ancient Egyptian texts.
- The name butter is thought to come from the Sanskrit word 'bhubari' which means 'the enemy of evil spirits'.
- The liquid created when making butter is used to make margarine.
- Butter melts at 32°Celsius.
- Did you know that in the Middle Ages butter was often mixed with Marigolds (a kind of flower) to make it look even more golden. The Marsh Marigold flower is now better known as a buttercup and this is where the name comes from! There are lots in our fields.
- Here's a handy tip - if you move home, put butter on you cat's paws before you let it go outside for the first time and the cat will lick off the butter and remove traces of their old territory, which helps them to happily settle into their new home and makes it less likely for them to get lost!

How our butter is made

Have you ever wondered how butter is made? Our butter is made the way it should be, traditionally churned. Churning is a fancy word for mixing and at Graham's we make our butter by churning pasteurised cream.

So, first of all the cream has to be separated from the whole milk. This is then churned by shaking and beating it until it thickens. The remaining liquid, called buttermilk, is removed leaving behind the butter, which is then washed and squashed into its solid shape. It's as easy as that!



Nutrients

Butter is a type of fat and everybody needs to eat some fat. Like everything, butter can be enjoyed in small amounts as part of a balanced and healthy diet. Our butter actually contains a lot of good stuff. Butter contains butterfat, which is the same kind of healthy fat that is found in olive oil. Butter is also a very good source of Vitamin A, D and E and this helps make your skin healthy and your eyesight sharp – perfect for night vision! Because butter is made from milk, it also has a lot of calcium to help your bones and teeth grow strong.



Salted



Typical values per 100g
 Energy 3031kJ/737kcal
 Protein 0.5g
 Carbohydrate Trace Fibre Nil
 Fat 81.0g
 Sodium 0.8g
 Added Ingredients:
 Salt (typically 1.5%)

Unsalted



Typical values per 100g
 Energy 3051kJ/743kcal
 Protein 0.7g
 Carbohydrate Trace
 Fat 82.0g
 Sodium less than 0.1g