**Stored Procedures vs Functions**

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|  | **Stored Procedures** | **Functions** |
| **Use** | Used to read and modify data. | Used only to read data |
| **Execution** | Execute or Exec is used to execute SP | Can used with SELECT statement, JOINS & APPLY (CROSS & OUTER). |
| **Joins** | Cannot JOIN a SP in a SELECT statement. | Can JOIN a UDF in a SELECT statement. |
| **Temp objects** | Can use Table Variables as well as Temporary Tables inside an SP. | Cannot use a Temporary Table, only Table Variables can be used. |
| **Dyanamic SQL** | Can create and use Dynamic SQL. | Cannot use a Dynamic SQL inside a UDF. |
| **Transaction** | Can use transactions inside (BEGIN TRANSACTION, COMMIT, ROLLBACK) an SP. | Cannot use transactions inside a UDF. |
| **XML** | Can use used with XML FOR clause. | Cannot be used with XML FOR clause. |
| **UDF** | Can use a UDF inside a SP in SELECT statement. | Cannot execute an SP inside a UDF. |
| **Constraint** | Cannot be used to create constraints while creating a table. | Can be used to create Constraints while creating a table. |
| **Execute** | Can execute all kinds of functions, be it deterministic or non deterministic. | Cannot execute some non-deterministic built-in functions, like GETDATE(). |