

Basic Report 01178, Sour cream, reduced fat

Report Date: February 26, 2015 19:27 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 12g	1 cup 230g
Proximates				
Water	g	71.00	8.52	163.30
Energy	kcal	181	22	416
Protein	g	7.00	0.84	16.10
Total lipid (fat)	g	14.10	1.69	32.43
Carbohydrate, by difference	g	7.00	0.84	16.10
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.30	0.04	0.69
Minerals				
Calcium, Ca	mg	141	17	324
Iron, Fe	mg	0.06	0.01	0.14
Magnesium, Mg	mg	11	1	25
Phosphorus, P	mg	85	10	196
Potassium, K	mg	211	25	485
Sodium, Na	mg	70	8	161
Zinc, Zn	mg	0.27	0.03	0.62
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.1	2.1
Thiamin	mg	0.040	0.005	0.092
Riboflavin	mg	0.240	0.029	0.552
Niacin	mg	0.070	0.008	0.161
Vitamin B-6	mg	0.020	0.002	0.046
Folate, DFE	µg	11	1	25
Vitamin B-12	µg	0.30	0.04	0.69
Vitamin A, RAE	µg	119	14	274
Vitamin A, IU	IU	436	52	1003
Vitamin E (alpha-tocopherol)	mg	0.40	0.05	0.92

Nutrient	Unit	1 Value Per100 g	1 tablespoon 12g	1 cup 230g
Vitamin D (D2 + D3)	µg	0.3	0.0	0.7
Vitamin D	IU	10	1	23
Vitamin K (phylloquinone)	µg	0.7	0.1	1.6
Lipids				
Fatty acids, total saturated	g	8.700	1.044	20.010
Fatty acids, total monounsaturated	g	4.100	0.492	9.430
Fatty acids, total polyunsaturated	g	0.500	0.060	1.150
Cholesterol	mg	35	4	80
Other				
Caffeine	mg	0	0	0