

**Basic Report 01180, Sour cream, fat free**

Report Date: February 26, 2015 19:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 12g	1 cup 230g
<b>Proximates</b>				
Water	g	80.60	9.67	185.38
Energy	kcal	74	9	170
Protein	g	3.10	0.37	7.13
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	15.60	1.87	35.88
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.39	0.05	0.90
<b>Minerals</b>				
Calcium, Ca	mg	125	15	288
Iron, Fe	mg	0.00	0.00	0.00
Magnesium, Mg	mg	10	1	23
Phosphorus, P	mg	95	11	218
Potassium, K	mg	129	15	297
Sodium, Na	mg	141	17	324
Zinc, Zn	mg	0.50	0.06	1.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.040	0.005	0.092
Riboflavin	mg	0.150	0.018	0.345
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	73	9	168
Vitamin A, IU	IU	255	31	586
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	9	1	21
<b>Other</b>				
Caffeine	mg	0	0	0