

Basic Report 01056, Cream, sour, cultured

Report Date: January 29, 2015 15:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 230g
Proximates				
Water	g	74.46	8.94	171.26
Energy	kcal	193	23	444
Protein	g	2.07	0.25	4.76
Total lipid (fat)	g	19.73	2.37	45.38
Carbohydrate, by difference	g	2.88	0.35	6.62
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.88	0.35	6.62
Minerals				
Calcium, Ca	mg	110	13	253
Iron, Fe	mg	0.17	0.02	0.39
Magnesium, Mg	mg	10	1	23
Phosphorus, P	mg	115	14	264
Potassium, K	mg	141	17	324
Sodium, Na	mg	47	6	108
Zinc, Zn	mg	0.38	0.05	0.87
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.1	2.1
Thiamin	mg	0.036	0.004	0.083
Riboflavin	mg	0.172	0.021	0.396
Niacin	mg	0.109	0.013	0.251
Vitamin B-6	mg	0.057	0.007	0.131
Folate, DFE	µg	7	1	16
Vitamin B-12	µg	0.28	0.03	0.64
Vitamin A, RAE	µg	176	21	405
Vitamin A, IU	IU	576	69	1325
Vitamin E (alpha-tocopherol)	mg	0.44	0.05	1.01

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 230g
Vitamin D (D2 + D3)	µg	0.4	0.0	0.9
Vitamin D	IU	14	2	32
Vitamin K (phylloquinone)	µg	1.8	0.2	4.1
Lipids				
Fatty acids, total saturated	g	11.507	1.381	26.466
Fatty acids, total monounsaturated	g	5.068	0.608	11.656
Fatty acids, total polyunsaturated	g	0.840	0.101	1.932
Cholesterol	mg	52	6	120
Other				
Caffeine	mg	0	0	0