

**Basic Report 01058, Sour dressing, non-butterfat, cultured, filled cream-type**

Report Date: January 27, 2015 07:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 235g
<b>Proximates</b>				
Water	g	74.79	8.97	175.76
Energy	kcal	178	21	418
Protein	g	3.25	0.39	7.64
Total lipid (fat)	g	16.57	1.99	38.94
Carbohydrate, by difference	g	4.68	0.56	11.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	4.68	0.56	11.00
<b>Minerals</b>				
Calcium, Ca	mg	113	14	266
Iron, Fe	mg	0.03	0.00	0.07
Magnesium, Mg	mg	10	1	24
Phosphorus, P	mg	87	10	204
Potassium, K	mg	162	19	381
Sodium, Na	mg	48	6	113
Zinc, Zn	mg	0.37	0.04	0.87
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.9	0.1	2.1
Thiamin	mg	0.038	0.005	0.089
Riboflavin	mg	0.163	0.020	0.383
Niacin	mg	0.074	0.009	0.174
Vitamin B-6	mg	0.017	0.002	0.040
Folate, DFE	µg	12	1	28
Vitamin B-12	µg	0.33	0.04	0.78
Vitamin A, RAE	µg	3	0	7
Vitamin A, IU	IU	10	1	24
Vitamin E (alpha-tocopherol)	mg	1.34	0.16	3.15

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 12g</b>	<b>1 cup 235g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	4.1	0.5	9.6
<b>Lipids</b>				
Fatty acids, total saturated	g	13.272	1.593	31.189
Fatty acids, total monounsaturated	g	1.958	0.235	4.601
Fatty acids, total polyunsaturated	g	0.468	0.056	1.100
Cholesterol	mg	5	1	12
<b>Other</b>				
Caffeine	mg	0	0	0