

Basic Report 01178, Sour cream, reduced fat

Report Date: March 19, 2018 08:50 EDT

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 |

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|------------------------------------|-------------|---------------------------------|-----------------------------|-----------------------|
| 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 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |