

## Basic Report 01178, Sour cream, reduced fat

Report Date: August 20, 2017 07:48 EDT

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	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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0