

Basic Report 01180, Sour cream, fat free

Report Date: August 17, 2017 23:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 12g	1 cup 230g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0