

Basic Report 01194, KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Report Date: May 29, 2017 21:27 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 2.0 tbsp 32g |
|--------------------------------|------|------------------------|-----------------|
| Proximates | | | |
| Water | g | 77.70 | 24.86 |
| Energy | kcal | 91 | 29 |
| Protein | g | 4.70 | 1.50 |
| Total lipid (fat) | g | 1.30 | 0.42 |
| Carbohydrate, by difference | g | 15.10 | 4.83 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 7.20 | 2.30 |
| Minerals | | | |
| Calcium, Ca | mg | 141 | 45 |
| Iron, Fe | mg | 0.05 | 0.02 |
| Phosphorus, P | mg | 116 | 37 |
| Potassium, K | mg | 219 | 70 |
| Sodium, Na | mg | 72 | 23 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | 0.4 |
| Vitamin A, IU | IU | 679 | 217 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.800 | 0.256 |
| Cholesterol | mg | 9 | 3 |
| Amino Acids | | | |
| Other | | | |