

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

Report Date: November 21, 2017 21:05 EST

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			