

Basic Report 01056, Cream, sour, cultured

Report Date: August 16, 2017 15:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 230g
Proximates				
Water	g	73.07	8.77	168.06
Energy	kcal	198	24	455
Protein	g	2.44	0.29	5.61
Total lipid (fat)	g	19.35	2.32	44.51
Carbohydrate, by difference	g	4.63	0.56	10.65
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	3.41	0.41	7.84
Minerals				
Calcium, Ca	mg	101	12	232
Iron, Fe	mg	0.07	0.01	0.16
Magnesium, Mg	mg	10	1	23
Phosphorus, P	mg	76	9	175
Potassium, K	mg	125	15	288
Sodium, Na	mg	31	4	71
Zinc, Zn	mg	0.33	0.04	0.76
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.1	2.1
Thiamin	mg	0.020	0.002	0.046
Riboflavin	mg	0.168	0.020	0.386
Niacin	mg	0.093	0.011	0.214
Vitamin B-6	mg	0.041	0.005	0.094
Folate, DFE	µg	6	1	14
Vitamin B-12	µg	0.21	0.03	0.48
Vitamin A, RAE	µg	124	15	285
Vitamin A, IU	IU	447	54	1028
Vitamin E (alpha-tocopherol)	mg	0.38	0.05	0.87

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 230g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.5	0.2	3.5
Lipids				
Fatty acids, total saturated	g	10.140	1.217	23.322
Fatty acids, total monounsaturated	g	4.594	0.551	10.566
Fatty acids, total polyunsaturated	g	0.800	0.096	1.840
Fatty acids, total trans	g	0.796	0.096	1.831
Cholesterol	mg	59	7	136
Amino Acids				
Other				
Caffeine	mg	0	0	0