

## Basic Report 01058, Sour dressing, non-butterfat, cultured, filled cream-type

Report Date: October 23, 2017 18:34 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 tbsp<br>12g | 1 cup<br>235g |
|--------------------------------|------|------------------------|---------------|---------------|
| <b>Proximates</b>              |      |                        |               |               |
| Water                          | g    | 74.79                  | 8.97          | 175.76        |
| Energy                         | kcal | 178                    | 21            | 418           |
| Protein                        | g    | 3.25                   | 0.39          | 7.64          |
| Total lipid (fat)              | g    | 16.57                  | 1.99          | 38.94         |
| Carbohydrate, by difference    | g    | 4.68                   | 0.56          | 11.00         |
| Fiber, total dietary           | g    | 0.0                    | 0.0           | 0.0           |
| Sugars, total                  | g    | 4.68                   | 0.56          | 11.00         |
| <b>Minerals</b>                |      |                        |               |               |
| Calcium, Ca                    | mg   | 113                    | 14            | 266           |
| Iron, Fe                       | mg   | 0.03                   | 0.00          | 0.07          |
| Magnesium, Mg                  | mg   | 10                     | 1             | 24            |
| Phosphorus, P                  | mg   | 87                     | 10            | 204           |
| Potassium, K                   | mg   | 162                    | 19            | 381           |
| Sodium, Na                     | mg   | 48                     | 6             | 113           |
| Zinc, Zn                       | mg   | 0.37                   | 0.04          | 0.87          |
| <b>Vitamins</b>                |      |                        |               |               |
| Vitamin C, total ascorbic acid | mg   | 0.9                    | 0.1           | 2.1           |
| Thiamin                        | mg   | 0.038                  | 0.005         | 0.089         |
| Riboflavin                     | mg   | 0.163                  | 0.020         | 0.383         |
| Niacin                         | mg   | 0.074                  | 0.009         | 0.174         |
| Vitamin B-6                    | mg   | 0.017                  | 0.002         | 0.040         |
| Folate, DFE                    | µg   | 12                     | 1             | 28            |
| Vitamin B-12                   | µg   | 0.33                   | 0.04          | 0.78          |
| Vitamin A, RAE                 | µg   | 3                      | 0             | 7             |
| Vitamin A, IU                  | IU   | 10                     | 1             | 24            |
| Vitamin E (alpha-tocopherol)   | mg   | 1.34                   | 0.16          | 3.15          |

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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          | 4.1                             | 0.5                   | 9.6                   |
| <b>Lipids</b>                      |             |                                 |                       |                       |
| Fatty acids, total saturated       | g           | 13.272                          | 1.593                 | 31.189                |
| Fatty acids, total monounsaturated | g           | 1.958                           | 0.235                 | 4.601                 |
| Fatty acids, total polyunsaturated | g           | 0.468                           | 0.056                 | 1.100                 |
| Cholesterol                        | mg          | 5                               | 1                     | 12                    |
| <b>Amino Acids</b>                 |             |                                 |                       |                       |
| <b>Other</b>                       |             |                                 |                       |                       |
| Caffeine                           | mg          | 0                               | 0                     | 0                     |