

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

Report Date: February 25, 2018 06:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 12g	1 cup 235g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0