



# NUTRITION FACTS

## SOUR CREAM

Serving Size: 2 tbsp (30g)

Amount Per Servings			
Calories 60		Calories from Fat 50	
	% Daily Value*		
Total Fat 6g	9%		
Saturated Fat 3g	15%		
Trans Fat 0g	0%		
Cholesterol 20mg	7%		
Sodium 20mg	1%		
Total Carbohydrate 1g	1%		
Dietary Fiber 0g	0%		
Protein Less than 1g	Less than 1%		
Vitamin A 4%		Vitamin C 0%	
Calcium 4%		Iron 0%	
*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
Total Fat	Calories	2,000	2,500
Saturated Fat	Less Than	65g	80g
Cholesterol	Less Than	20g	25g
Sodium	Less Than	300mg	300mg
Total Carbohydrate	Less Than	2,400mg	2,400mg
Dietary Fiber		300mg	375mg
Protein		25g	30g
		50g	70g
Ingredients: Grade A Cultured Cream, Skim milk, Gelatin.			