

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%																								
<p>*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</p>																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Calories</th> <th style="text-align: center;"><u>2,000</u></th> <th style="text-align: center;"><u>2,500</u></th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td style="text-align: center;">Less Than 65g</td> <td style="text-align: center;">80g</td> </tr> <tr> <td>Saturated Fat</td> <td style="text-align: center;">Less Than 20g</td> <td style="text-align: center;">25g</td> </tr> <tr> <td>Cholesterol</td> <td style="text-align: center;">Less Than 300mg</td> <td style="text-align: center;">300mg</td> </tr> <tr> <td>Sodium</td> <td style="text-align: center;">Less Than 2,400mg</td> <td style="text-align: center;">2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td style="text-align: center;">300mg</td> <td style="text-align: center;">375mg</td> </tr> <tr> <td>Dietary Fiber</td> <td style="text-align: center;">25g</td> <td style="text-align: center;">30g</td> </tr> <tr> <td>Protein</td> <td style="text-align: center;">50g</td> <td style="text-align: center;">70g</td> </tr> </tbody> </table>	Calories	<u>2,000</u>	<u>2,500</u>	Total Fat	Less Than 65g	80g	Saturated Fat	Less Than 20g	25g	Cholesterol	Less Than 300mg	300mg	Sodium	Less Than 2,400mg	2,400mg	Total Carbohydrate	300mg	375mg	Dietary Fiber	25g	30g	Protein	50g	70g
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<p>Ingredients: Grade A Cultured Cream, Skim milk, Gelatin.</p>																									