

SOUR CREAM

PURITY CULTURED PRODUCTS

Nutrition Facts

Serving Size 2 tbsp (30g)

Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 55mg **2%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein less than 1g **2%**

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured milk, cream, whey, nonfat milk, food starch-modified, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, salt, natural and artificial flavors, mono and diglycerides, sodium citrate.

ALLERGENS: milk