Penn State University

BERKEY CREAMERY

SOUR CREAM

Sour Cream

16 oz

INGREDIENTS: cultured pasteurized milk, cream, nonfat dry milk, modified food starch, guar gum, sodium citrate, carrageenan, locust bean gum, rennet enzyme. Contains milk

Nutrition Facts

Serving Size 1 oz. (28g)
Servings Per Container 16

Amount Per Serving

Calories 60	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 15mg	**1%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 1g	

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4