

**CULTURED SOUR CREAM, FRED  
Heavy Body**

# Nutrition Facts

servings per container  
**Serving size** 1 pouch (28g)

**Amount per serving**  
**Calories** 60

	% Daily Value*
<b>Total Fat</b> 5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> less than 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 50mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured nonfat milk, cream, contains less than 2% of whey, food starch - modified (corn), sodium phosphate (sodium triphosphate), guar gum, carrageenan, calcium sulfate, locust bean gum, potassium sorbate (preservative).

Contains: milk

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