

Darigold Fat-Free Sour Cream – Nutrition & Ingredients #121889

Serving Size

2 tablespoons (30 g)

Nutrition Facts

Calories: 25

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: ~5 mg

Sodium: ~45 mg

Carbohydrates: 4 g

- Sugars: ~2 g

- Fiber: 0 g

Protein: 2 g

Calcium: ~60 mg

Potassium: ~85 mg

Ingredients

- Cultured skim milk
- Modified corn starch
- Cream (adds a trivial amount of fat)
- Artificial color
- Potassium sorbate (preservative)
- Cultured dextrose
- Sodium phosphate
- Carrageenan
- Sodium stearoyl lactylate
- Locust bean gum
- Vitamin A palmitate

Notes

Fat-free sour cream uses stabilizers and thickeners to replicate the texture of regular sour cream, which typically contains only cultured milk and cream with enzymes.