

fiesta sour cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46519
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM	1 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Tablespoon

Amount Per Serving			
Calories	30.00		
Fat	2.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	25.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available