

Carbs in Dairy List

Cheese is not included as there is a separate list for that.

DAIRY TYPE	Serving	Calories	Net Carbs (g)	Fat (g)	Protein (g)
MILK					
Milk	100ml	64	4.7	3.4	3.4
Buttermilk	100ml	62	5.0	3.3	3.3
Goats milk	1fl oz (30.5g)	21	1.4	1.3	1.1
BUTTER					
Butter, whipped	1 tbspn (9.4g)	67	-	7.4	0.1
Butter, no salt	1 tbspn (14.2g)	102	-	11.5	0.1
Ghee, Clarified butter	1 tbspn (12.8g)	112	-	12.7	0.0
CREAM					
Clotted cream	28g	140	1.0	15.0	-
Cream, whipped, cream topping, pressurized	1 cup (60g)	154	7.5	13.3	1.9
Crème Fraiche	1 tbspn (15ml)	45	0.4	4.7	0.4
Double Cream	30g	133	0.8	14.3	0.5
Half and Half	1 floz (30g)	37	1.4	3.1	0.9
Heavy/Whipping Cream	100g	340	2.7	36.1	2.8
Sour cream	100g	198	4.6	19.4	2.4
YOGURT					
Yogurt, natural	1 cup (235g)	149	11.4	8.0	8.5
Greek Yogurt	6 oz (170g)	150	6.0	11.0	8.0
Goats Milk Yogurt	6 oz (170g)	100	7.0	4.5	7.0

Values obtained from the USDA Food Composition Database