

Sour Cream vs Crème Fraîche (vsdiff.com)

Characteristic	Sour Cream	Crème Fraîche
Typical fat content	~10%-20% (lower)	~30%-45% (higher)
Production	Pasteurized cream + lactic cultures; sometimes <i>stabilizers</i>	High-fat cream + bacterial culture; minimal processing
Flavor profile	Tangy, bright	Rich, buttery , mildly tangy
Cooking stability	Tends to <i>curdle</i> at high heat	Stable at high temperatures; good for sauces
Common culinary uses	Dips, baked potatoes, cold sauces	Sauces, soups, finishing cream
Typical shelf life (refrigerated)	~2-3 weeks unopened	~2-4 weeks unopened; may last longer refrigerated

Source: <https://vsdiff.com/sour-cream-vs-creme-fraiche/>