

Basic Report 01117, Yogurt, plain, low fat, 12 grams protein per 8 ounce

Report Date: January 27, 2015 20:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g
Proximates						
Water	g	85.07	144.62	193.11	96.13	208.42
Energy	kcal	63	107	143	71	154
Protein	g	5.25	8.92	11.92	5.93	12.86
Total lipid (fat)	g	1.55	2.64	3.52	1.75	3.80
Carbohydrate, by difference	g	7.04	11.97	15.98	7.96	17.25
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	7.04	11.97	15.98	7.96	17.25
Minerals						
Calcium, Ca	mg	183	311	415	207	448
Iron, Fe	mg	0.08	0.14	0.18	0.09	0.20
Magnesium, Mg	mg	17	29	39	19	42
Phosphorus, P	mg	144	245	327	163	353
Potassium, K	mg	234	398	531	264	573
Sodium, Na	mg	70	119	159	79	172
Zinc, Zn	mg	0.89	1.51	2.02	1.01	2.18
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	1.4	1.8	0.9	2.0
Thiamin	mg	0.044	0.075	0.100	0.050	0.108
Riboflavin	mg	0.214	0.364	0.486	0.242	0.524
Niacin	mg	0.114	0.194	0.259	0.129	0.279
Vitamin B-6	mg	0.049	0.083	0.111	0.055	0.120
Folate, DFE	µg	11	19	25	12	27
Vitamin B-12	µg	0.56	0.95	1.27	0.63	1.37
Vitamin A, RAE	µg	14	24	32	16	34
Vitamin A, IU	IU	51	87	116	58	125
Vitamin E (alpha-tocopherol)	mg	0.03	0.05	0.07	0.03	0.07

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	2	1	2
Vitamin K (phylloquinone)	µg	0.2	0.3	0.5	0.2	0.5
Lipids						
Fatty acids, total saturated	g	1.000	1.700	2.270	1.130	2.450
Fatty acids, total monounsaturated	g	0.426	0.724	0.967	0.481	1.044
Fatty acids, total polyunsaturated	g	0.044	0.075	0.100	0.050	0.108
Cholesterol	mg	6	10	14	7	15
Other						
Caffeine	mg	0	0	0	0	0