

Basic Report 01118, Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Report Date: January 28, 2015 07:07 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	1 cup (8 fl oz) 245g
Proximates					
Water	g	85.23	144.89	193.47	208.81
Energy	kcal	56	95	127	137
Protein	g	5.73	9.74	13.01	14.04
Total lipid (fat)	g	0.18	0.31	0.41	0.44
Carbohydrate, by difference	g	7.68	13.06	17.43	18.82
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	7.68	13.06	17.43	18.82
Minerals					
Calcium, Ca	mg	199	338	452	488
Iron, Fe	mg	0.09	0.15	0.20	0.22
Magnesium, Mg	mg	19	32	43	47
Phosphorus, P	mg	157	267	356	385
Potassium, K	mg	255	434	579	625
Sodium, Na	mg	77	131	175	189
Zinc, Zn	mg	0.97	1.65	2.20	2.38
Vitamins					
Vitamin C, total ascorbic acid	mg	0.9	1.5	2.0	2.2
Thiamin	mg	0.048	0.082	0.109	0.118
Riboflavin	mg	0.234	0.398	0.531	0.573
Niacin	mg	0.124	0.211	0.281	0.304
Vitamin B-6	mg	0.053	0.090	0.120	0.130
Folate, DFE	µg	12	20	27	29
Vitamin B-12	µg	0.61	1.04	1.38	1.49
Vitamin A, RAE	µg	2	3	5	5
Vitamin A, IU	IU	7	12	16	17
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.2	0.3	0.5	0.5
Lipids					
Fatty acids, total saturated	g	0.116	0.197	0.263	0.284
Fatty acids, total monounsaturated	g	0.049	0.083	0.111	0.120
Fatty acids, total polyunsaturated	g	0.005	0.008	0.011	0.012
Cholesterol	mg	2	3	5	5
Other					
Caffeine	mg	0	0	0	0