

Basic Report 01220, Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Report Date: January 28, 2015 23:18 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	79.00	134.30	179.33	89.27	193.55
Energy	kcal	85	144	193	96	208
Protein	g	4.93	8.38	11.19	5.57	12.08
Total lipid (fat)	g	1.25	2.12	2.84	1.41	3.06
Carbohydrate, by difference	g	13.80	23.46	31.33	15.59	33.81
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	13.80	23.46	31.33	15.59	33.81
Minerals						
Calcium, Ca	mg	171	291	388	193	419
Iron, Fe	mg	0.07	0.12	0.16	0.08	0.17
Magnesium, Mg	mg	16	27	36	18	39
Phosphorus, P	mg	135	230	306	153	331
Potassium, K	mg	219	372	497	247	537
Sodium, Na	mg	66	112	150	75	162
Zinc, Zn	mg	0.83	1.41	1.88	0.94	2.03
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	1.4	1.8	0.9	2.0
Thiamin	mg	0.042	0.071	0.095	0.047	0.103
Riboflavin	mg	0.201	0.342	0.456	0.227	0.492
Niacin	mg	0.107	0.182	0.243	0.121	0.262
Vitamin B-6	mg	0.045	0.076	0.102	0.051	0.110
Folate, DFE	µg	11	19	25	12	27
Vitamin B-12	µg	0.53	0.90	1.20	0.60	1.30
Vitamin A, RAE	µg	12	20	27	14	29
Vitamin A, IU	IU	43	73	98	49	105
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.05	0.02	0.05

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Vitamin D (D2 + D3)	µg	1.2	2.0	2.7	1.4	2.9
Vitamin D	IU	47	80	107	53	115
Vitamin K (phylloquinone)	µg	0.1	0.2	0.2	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.806	1.370	1.830	0.911	1.975
Fatty acids, total monounsaturated	g	0.343	0.583	0.779	0.388	0.840
Fatty acids, total polyunsaturated	g	0.036	0.061	0.082	0.041	0.088
Cholesterol	mg	5	8	11	6	12
Other						
Caffeine	mg	0	0	0	0	0