

Basic Report 01116, Yogurt, plain, whole milk

Report Date: September 21, 2019 19:53 EDT

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	87.90	149.43	199.53	99.33	215.35
Energy	kcal	61	104	138	69	149
Protein	g	3.47	5.90	7.88	3.92	8.50
Total lipid (fat)	g	3.25	5.53	7.38	3.67	7.96
Carbohydrate, by difference	g	4.66	7.92	10.58	5.27	11.42
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	4.66	7.92	10.58	5.27	11.42
Minerals						
Calcium, Ca	mg	121	206	275	137	296
Iron, Fe	mg	0.05	0.09	0.11	0.06	0.12
Magnesium, Mg	mg	12	20	27	14	29
Phosphorus, P	mg	95	162	216	107	233
Potassium, K	mg	155	264	352	175	380
Sodium, Na	mg	46	78	104	52	113
Zinc, Zn	mg	0.59	1.00	1.34	0.67	1.45
Vitamins						
Vitamin C, total ascorbic acid	mg	0.5	0.8	1.1	0.6	1.2
Thiamin	mg	0.029	0.049	0.066	0.033	0.071
Riboflavin	mg	0.142	0.241	0.322	0.160	0.348
Niacin	mg	0.075	0.128	0.170	0.085	0.184
Vitamin B-6	mg	0.032	0.054	0.073	0.036	0.078
Folate, DFE	µg	7	12	16	8	17
Vitamin B-12	µg	0.37	0.63	0.84	0.42	0.91
Vitamin A, RAE	µg	27	46	61	31	66
Vitamin A, IU	IU	99	168	225	112	243
Vitamin E (alpha-tocopherol)	mg	0.06	0.10	0.14	0.07	0.15

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Vitamin D (D2 + D3)	µg	0.1	0.2	0.2	0.1	0.2
Vitamin D	IU	2	3	5	2	5
Vitamin K (phylloquinone)	µg	0.2	0.3	0.5	0.2	0.5
Lipids						
Fatty acids, total saturated	g	2.096	3.563	4.758	2.368	5.135
Fatty acids, total monounsaturated	g	0.893	1.518	2.027	1.009	2.188
Fatty acids, total polyunsaturated	g	0.092	0.156	0.209	0.104	0.225
Cholesterol	mg	13	22	30	15	32
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0