

Basic Report 01256, Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)

Report Date: July 23, 2019 18:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container 170g
Proximates			
Water	g	85.10	144.67
Energy	kcal	59	100
Protein	g	10.19	17.32
Total lipid (fat)	g	0.39	0.66
Carbohydrate, by difference	g	3.60	6.12
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	3.24	5.51
Minerals			
Calcium, Ca	mg	110	187
Iron, Fe	mg	0.07	0.12
Magnesium, Mg	mg	11	19
Phosphorus, P	mg	135	230
Potassium, K	mg	141	240
Sodium, Na	mg	36	61
Zinc, Zn	mg	0.52	0.88
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.039
Riboflavin	mg	0.278	0.473
Niacin	mg	0.208	0.354
Vitamin B-6	mg	0.063	0.107
Folate, DFE	µg	7	12
Vitamin B-12	µg	0.75	1.27
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	4	7
Vitamin E (alpha-tocopherol)	mg	0.01	0.02

Nutrient	Unit	1 Value Per100 g	1 container 170g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.117	0.199
Fatty acids, total monounsaturated	g	0.053	0.090
Fatty acids, total polyunsaturated	g	0.012	0.020
Fatty acids, total trans	g	0.006	0.010
Cholesterol	mg	5	8
Amino Acids			
Other			
Caffeine	mg	0	0