

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

**Report Date: July 16, 2019 14:32 EDT**

Nutrient values and weights are for edible portion.

| <b>Nutrient</b>                | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 container<br/>170g</b> |
|--------------------------------|-------------|---------------------------------|-----------------------------|
| <b>Proximates</b>              |             |                                 |                             |
| 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                        |
| <b>Minerals</b>                |             |                                 |                             |
| 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                        |
| <b>Vitamins</b>                |             |                                 |                             |
| 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                        |

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|------------------------------------|-------------|---------------------------------|-----------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                         |
| Vitamin D                          | IU          | 0                               | 0                           |
| Vitamin K (phylloquinone)          | µg          | 0.0                             | 0.0                         |
| <b>Lipids</b>                      |             |                                 |                             |
| 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                           |
| <b>Amino Acids</b>                 |             |                                 |                             |
| <b>Other</b>                       |             |                                 |                             |
| Caffeine                           | mg          | 0                               | 0                           |