

Basic Report 01287, Yogurt, Greek, plain, lowfat

Report Date: August 25, 2019 04:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (7 oz) 200g
Proximates			
Water	g	83.56	167.12
Energy	kcal	73	146
Protein	g	9.95	19.90
Total lipid (fat)	g	1.92	3.84
Carbohydrate, by difference	g	3.94	7.88
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	3.56	7.12
Minerals			
Calcium, Ca	mg	115	230
Iron, Fe	mg	0.04	0.08
Magnesium, Mg	mg	11	22
Phosphorus, P	mg	137	274
Potassium, K	mg	141	282
Sodium, Na	mg	34	68
Zinc, Zn	mg	0.60	1.20
Vitamins			
Vitamin C, total ascorbic acid	mg	0.8	1.6
Thiamin	mg	0.044	0.088
Riboflavin	mg	0.233	0.466
Niacin	mg	0.197	0.394
Vitamin B-6	mg	0.055	0.110
Folate, DFE	µg	12	24
Vitamin B-12	µg	0.52	1.04
Vitamin A, RAE	µg	90	180
Vitamin A, IU	IU	309	618
Vitamin E (alpha-tocopherol)	mg	0.04	0.08

Nutrient	Unit	1 Value Per100 g	1 container (7 oz) 200g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.4
Lipids			
Fatty acids, total saturated	g	1.230	2.460
Fatty acids, total monounsaturated	g	0.486	0.972
Fatty acids, total polyunsaturated	g	0.076	0.152
Fatty acids, total trans	g	0.060	0.120
Cholesterol	mg	10	20
Amino Acids			
Other			
Caffeine	mg	0	0