

## Basic Report 01116, Yogurt, plain, whole milk

Report Date: September 19, 2019 15:40 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
<b>Proximates</b>						
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
<b>Minerals</b>						
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
<b>Vitamins</b>						
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
<b>Lipids</b>						
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
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0