

## Basic Report 01118, Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Report Date: October 23, 2017 18:36 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	1 cup (8 fl oz) 245g
<b>Proximates</b>					
Water	g	85.23	144.89	193.47	208.81
Energy	kcal	56	95	127	137
Protein	g	5.73	9.74	13.01	14.04
Total lipid (fat)	g	0.18	0.31	0.41	0.44
Carbohydrate, by difference	g	7.68	13.06	17.43	18.82
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	7.68	13.06	17.43	18.82
<b>Minerals</b>					
Calcium, Ca	mg	199	338	452	488
Iron, Fe	mg	0.09	0.15	0.20	0.22
Magnesium, Mg	mg	19	32	43	47
Phosphorus, P	mg	157	267	356	385
Potassium, K	mg	255	434	579	625
Sodium, Na	mg	77	131	175	189
Zinc, Zn	mg	0.97	1.65	2.20	2.38
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.9	1.5	2.0	2.2
Thiamin	mg	0.048	0.082	0.109	0.118
Riboflavin	mg	0.234	0.398	0.531	0.573
Niacin	mg	0.124	0.211	0.281	0.304
Vitamin B-6	mg	0.053	0.090	0.120	0.130
Folate, DFE	µg	12	20	27	29
Vitamin B-12	µg	0.61	1.04	1.38	1.49
Vitamin A, RAE	µg	2	3	5	5
Vitamin A, IU	IU	7	12	16	17
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.2	0.3	0.5	0.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.116	0.197	0.263	0.284
Fatty acids, total monounsaturated	g	0.049	0.083	0.111	0.120
Fatty acids, total polyunsaturated	g	0.005	0.009	0.011	0.012
Cholesterol	mg	2	3	5	5
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0