

Basic Report 01121, Yogurt, fruit, low fat, 10 grams protein per 8 ounce
Report Date: November 20, 2017 10:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	1 container, Dannon Sprinkl'ins (4.1 oz) 116g	0.5 container (4 oz) 113g
Proximates							
Water	g	74.48	126.62	182.48	169.07	86.40	84.16
Energy	kcal	102	173	250	232	118	115
Protein	g	4.37	7.43	10.71	9.92	5.07	4.94
Total lipid (fat)	g	1.08	1.84	2.65	2.45	1.25	1.22
Carbohydrate, by difference	g	19.05	32.38	46.67	43.24	22.10	21.53
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	19.05	32.38	46.67	43.24	22.10	21.53
Minerals							
Calcium, Ca	mg	152	258	372	345	176	172
Iron, Fe	mg	0.07	0.12	0.17	0.16	0.08	0.08
Magnesium, Mg	mg	15	26	37	34	17	17
Phosphorus, P	mg	119	202	292	270	138	134
Potassium, K	mg	195	332	478	443	226	220
Sodium, Na	mg	58	99	142	132	67	66
Zinc, Zn	mg	0.74	1.26	1.81	1.68	0.86	0.84
Vitamins							
Vitamin C, total ascorbic acid	mg	0.7	1.2	1.7	1.6	0.8	0.8
Thiamin	mg	0.037	0.063	0.091	0.084	0.043	0.042
Riboflavin	mg	0.178	0.303	0.436	0.404	0.206	0.201
Niacin	mg	0.095	0.161	0.233	0.216	0.110	0.107
Vitamin B-6	mg	0.040	0.068	0.098	0.091	0.046	0.045
Folate, DFE	µg	9	15	22	20	10	10
Vitamin B-12	µg	0.47	0.80	1.15	1.07	0.55	0.53
Vitamin A, RAE	µg	10	17	24	23	12	11
Vitamin A, IU	IU	36	61	88	82	42	41
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.05	0.05	0.02	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	2	2	1	1
Vitamin K (phylloquinone)	µg	0.1	0.2	0.2	0.2	0.1	0.1
Lipids							
Fatty acids, total saturated	g	0.697	1.185	1.708	1.582	0.809	0.788
Fatty acids, total monounsaturated	g	0.297	0.505	0.728	0.674	0.345	0.336
Fatty acids, total polyunsaturated	g	0.031	0.053	0.076	0.070	0.036	0.035
Cholesterol	mg	4	7	10	9	5	5
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0