

## Basic Report 01121, Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Report Date: February 23, 2018 19:26 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
<b>Proximates</b>							
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
<b>Minerals</b>							
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
<b>Vitamins</b>							
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
<b>Lipids</b>							
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
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0