

## Basic Report 01122, Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Report Date: February 21, 2018 19:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g	0.5 container (4 oz) 113g	1 container (8 oz) 227g
<b>Proximates</b>					
Water	g	74.10	125.97	83.73	168.21
Energy	kcal	105	178	119	238
Protein	g	4.86	8.26	5.49	11.03
Total lipid (fat)	g	1.41	2.40	1.59	3.20
Carbohydrate, by difference	g	18.60	31.62	21.02	42.22
Fiber, total dietary	g	0.0	0.0	0.0	0.0
<b>Minerals</b>					
Calcium, Ca	mg	169	287	191	384
Iron, Fe	mg	0.07	0.12	0.08	0.16
Magnesium, Mg	mg	16	27	18	36
Phosphorus, P	mg	133	226	150	302
Potassium, K	mg	216	367	244	490
Sodium, Na	mg	65	110	73	148
Zinc, Zn	mg	0.82	1.39	0.93	1.86
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.7	1.2	0.8	1.6
Thiamin	mg	0.041	0.070	0.046	0.093
Riboflavin	mg	0.198	0.337	0.224	0.449
Niacin	mg	0.105	0.178	0.119	0.238
Vitamin B-6	mg	0.045	0.076	0.051	0.102
Folate, DFE	µg	10	17	11	23
Vitamin B-12	µg	0.52	0.88	0.59	1.18
Vitamin A, IU	IU	60	102	68	136
<b>Lipids</b>					
Fatty acids, total saturated	g	0.909	1.545	1.027	2.063
Fatty acids, total monounsaturated	g	0.387	0.658	0.437	0.878

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Fatty acids, total polyunsaturated	g	0.040	0.068	0.045	0.091
Cholesterol	mg	6	10	7	14

**Amino Acids**

**Other**