

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

Report Date: December 12, 2017 22:27 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
Proximates					
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
Minerals					
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
Vitamins					
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
Lipids					
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

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g	0.5 container (4 oz) 113g	1 container (8 oz) 227g
Fatty acids, total polyunsaturated	g	0.040	0.068	0.045	0.091
Cholesterol	mg	6	10	7	14

Amino Acids

Other