

Basic Report 01187, Yogurt, chocolate, nonfat milk

Report Date: May 29, 2017 21:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g
Proximates			
Water	g	71.57	121.67
Energy	kcal	112	190
Protein	g	3.53	6.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	23.53	40.00
Fiber, total dietary	g	1.2	2.0
Sugars, total	g	14.97	25.45
Minerals			
Calcium, Ca	mg	88	150
Iron, Fe	mg	0.42	0.71
Magnesium, Mg	mg	40	68
Phosphorus, P	mg	166	282
Potassium, K	mg	339	576
Sodium, Na	mg	135	230
Zinc, Zn	mg	1.13	1.92
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.047	0.080
Riboflavin	mg	0.215	0.365
Niacin	mg	0.223	0.379
Vitamin B-6	mg	0.047	0.080
Folate, DFE	µg	12	20
Vitamin B-12	µg	0.50	0.85
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	1	2
Amino Acids			
Other			
Caffeine	mg	2	3