

Basic Report 01203, Yogurt, fruit, lowfat, with low calorie sweetener

Report Date: February 22, 2018 05:35 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
Proximates					
Water	g	74.10	125.97	181.54	168.21
Energy	kcal	105	178	257	238
Protein	g	4.86	8.26	11.91	11.03
Total lipid (fat)	g	1.41	2.40	3.45	3.20
Carbohydrate, by difference	g	18.60	31.62	45.57	42.22
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	2.90	4.93	7.11	6.58
Minerals					
Calcium, Ca	mg	152	258	372	345
Iron, Fe	mg	0.07	0.12	0.17	0.16
Magnesium, Mg	mg	16	27	39	36
Phosphorus, P	mg	133	226	326	302
Potassium, K	mg	194	330	475	440
Sodium, Na	mg	58	99	142	132
Zinc, Zn	mg	0.82	1.39	2.01	1.86
Vitamins					
Vitamin C, total ascorbic acid	mg	0.7	1.2	1.7	1.6
Thiamin	mg	0.041	0.070	0.100	0.093
Riboflavin	mg	0.180	0.306	0.441	0.409
Niacin	mg	0.105	0.178	0.257	0.238
Vitamin B-6	mg	0.045	0.076	0.110	0.102
Folate, DFE	µg	10	17	24	23
Vitamin B-12	µg	0.52	0.88	1.27	1.18
Vitamin A, RAE	µg	131	223	321	297
Vitamin A, IU	IU	443	753	1085	1006
Vitamin E (alpha-tocopherol)	mg	0.06	0.10	0.15	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	2	2
Vitamin K (phylloquinone)	µg	1.2	2.0	2.9	2.7
Lipids					
Fatty acids, total saturated	g	0.909	1.545	2.227	2.063
Fatty acids, total monounsaturated	g	0.387	0.658	0.948	0.878
Fatty acids, total polyunsaturated	g	0.040	0.068	0.098	0.091
Cholesterol	mg	6	10	15	14
Amino Acids					
Other					
Caffeine	mg	0	0	0	0