

## Basic Report 01222, Yogurt, chocolate, nonfat milk, fortified with vitamin D

Report Date: September 20, 2017 12:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 container (6 oz) 170g</b>
Vitamin D (D2 + D3)	µg	1.2	2.0
Vitamin D	IU	47	80
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	2	3