

Basic Report 01231, Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Report Date: August 20, 2017 07:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container 170g
Proximates			
Water	g	79.00	134.30
Energy	kcal	86	146
Protein	g	4.93	8.38
Total lipid (fat)	g	1.25	2.12
Carbohydrate, by difference	g	13.80	23.46
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	5.43	9.23
Minerals			
Calcium, Ca	mg	171	291
Iron, Fe	mg	0.07	0.12
Magnesium, Mg	mg	16	27
Phosphorus, P	mg	135	230
Potassium, K	mg	219	372
Sodium, Na	mg	66	112
Zinc, Zn	mg	0.83	1.41
Vitamins			
Vitamin C, total ascorbic acid	mg	0.8	1.4
Thiamin	mg	0.042	0.071
Riboflavin	mg	0.201	0.342
Niacin	mg	0.107	0.182
Vitamin B-6	mg	0.045	0.076
Folate, DFE	µg	11	19
Vitamin B-12	µg	0.53	0.90
Vitamin A, RAE	µg	12	20
Vitamin A, IU	IU	43	73
Vitamin E (alpha-tocopherol)	mg	0.02	0.03

Nutrient	Unit	1 Value Per100 g	1 container 170g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	1	2
Vitamin K (phylloquinone)	µg	0.1	0.2
Lipids			
Fatty acids, total saturated	g	0.752	1.278
Fatty acids, total monounsaturated	g	0.313	0.532
Fatty acids, total polyunsaturated	g	0.035	0.060
Cholesterol	mg	5	8
Amino Acids			
Other			
Caffeine	mg	0	0