

**Basic Report 01256, Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)**

Report Date: June 18, 2019 12:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container 170g
<b>Proximates</b>			
Water	g	85.10	144.67
Energy	kcal	59	100
Protein	g	10.19	17.32
Total lipid (fat)	g	0.39	0.66
Carbohydrate, by difference	g	3.60	6.12
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	3.24	5.51
<b>Minerals</b>			
Calcium, Ca	mg	110	187
Iron, Fe	mg	0.07	0.12
Magnesium, Mg	mg	11	19
Phosphorus, P	mg	135	230
Potassium, K	mg	141	240
Sodium, Na	mg	36	61
Zinc, Zn	mg	0.52	0.88
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.039
Riboflavin	mg	0.278	0.473
Niacin	mg	0.208	0.354
Vitamin B-6	mg	0.063	0.107
Folate, DFE	µg	7	12
Vitamin B-12	µg	0.75	1.27
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	4	7
Vitamin E (alpha-tocopherol)	mg	0.01	0.02

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 container 170g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.117	0.199
Fatty acids, total monounsaturated	g	0.053	0.090
Fatty acids, total polyunsaturated	g	0.012	0.020
Fatty acids, total trans	g	0.006	0.010
Cholesterol	mg	5	8
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0