

Full Report (All Nutrients) 01256, Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)

Report Date: July 16, 2019 15:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 170g
Proximates					
Water 1	g	85.10	18	0.050	144.67
Energy	kcal	59	--	--	100
Energy	kJ	246	--	--	418
Protein 1	g	10.19	16	0.170	17.32
Total lipid (fat) 1	g	0.39	18	0.030	0.66
Ash 1	g	0.72	18	0.010	1.22
Carbohydrate, by difference	g	3.60	--	--	6.12
Fiber, total dietary	g	0.0	1	--	0.0
Sugars, total 1	g	3.24	3	--	5.51
Sucrose 1	g	0.00	3	--	0.00
Glucose (dextrose) 1	g	0.00	3	--	0.00
Fructose 1	g	0.00	3	--	0.00
Lactose 1	g	2.54	3	--	4.32
Maltose 1	g	0.00	3	--	0.00
Galactose 1	g	0.70	3	--	1.19
Minerals					
Calcium, Ca 1	mg	110	18	0.000	187
Iron, Fe 1	mg	0.07	18	0.003	0.12
Magnesium, Mg 1	mg	11	18	0.000	19
Phosphorus, P 1	mg	135	18	0.000	230
Potassium, K 1	mg	141	18	0.000	240
Sodium, Na 1	mg	36	18	0.000	61

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container 170g
Zinc, Zn 1	mg	0.52	18	0.004	0.88
Copper, Cu 1	mg	0.017	18	0.000	0.029
Manganese, Mn 1	mg	0.009	18	0.000	0.015
Selenium, Se 1	µg	9.7	9	0.100	16.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin 1	mg	0.023	9	0.002	0.039
Riboflavin 1	mg	0.278	9	0.007	0.473
Niacin 1	mg	0.208	9	0.006	0.354
Pantothenic acid 1	mg	0.331	6	0.001	0.563
Vitamin B-6 1	mg	0.063	9	0.001	0.107
Folate, total	µg	7	--	--	12
Folic acid	µg	0	--	--	0
Folate, food	µg	7	--	--	12
Folate, DFE	µg	7	--	--	12
Choline, total 1	mg	15.1	--	--	25.7
Betaine 1	mg	0.8	1	--	1.4
Vitamin B-12 1	µg	0.75	9	0.009	1.27
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol 1	µg	1	3	--	2
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	4	--	--	7
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) 1	mg	0.01	9	0.000	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta 1	mg	0.00	9	0.000	0.00
Tocopherol, gamma 1	mg	0.00	9	0.001	0.00
Tocopherol, delta 1	mg	0.00	9	0.000	0.00
Tocotrienol, alpha 1	mg	0.00	9	0.000	0.00

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Tocotrienol, beta 1	mg	0.00	9	0.000	0.00
Tocotrienol, gamma 1	mg	0.00	9	0.000	0.00
Tocotrienol, delta 1	mg	0.00	9	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	1	--	0.0
Vitamin D2 (ergocalciferol) 1	µg	0.0	1	--	0.0
Vitamin D3 (cholecalciferol) 1	µg	0.0	1	--	0.0
Vitamin D 1	IU	0	1	--	0
Vitamin K (phylloquinone) 1	µg	0.0	3	--	0.0
Lipids					
Fatty acids, total saturated	g	0.117	--	--	0.199
4:0 1	g	0.000	9	0.000	0.000
6:0 1	g	0.003	9	0.000	0.005
8:0 1	g	0.004	9	0.000	0.007
10:0 1	g	0.013	9	0.001	0.022
12:0 1	g	0.006	9	0.000	0.010
14:0 1	g	0.015	9	0.000	0.025
15:0 1	g	0.003	9	0.000	0.005
16:0 1	g	0.049	9	0.002	0.083
17:0 1	g	0.003	9	0.000	0.005
18:0 1	g	0.021	9	0.001	0.036
20:0 1	g	0.000	9	0.000	0.000
22:0 1	g	0.000	9	0.000	0.000
24:0 1	g	0.000	9	0.000	0.000
Fatty acids, total monounsaturated	g	0.053	--	--	0.090
14:1 1	g	0.001	9	0.000	0.002
15:1 1	g	0.000	9	0.000	0.000
16:1 undifferentiated 1	g	0.002	9	0.000	0.003
16:1 c 1	g	0.002	9	0.000	0.003
16:1 t 1	g	0.000	9	0.000	0.000
17:1 1	g	0.000	9	0.000	0.000
18:1 undifferentiated 1	g	0.049	9	0.001	0.083
18:1 c 1	g	0.043	9	0.001	0.073

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18:1 t 1	g	0.006	9	0.001	0.010
20:1 1	g	0.002	9	0.001	0.003
22:1 undifferentiated 1	g	0.000	9	0.000	0.000
22:1 c 1	g	0.000	9	0.000	0.000
22:1 t 1	g	0.000	9	0.000	0.000
24:1 c 1	g	0.000	9	0.000	0.000
Fatty acids, total polyunsaturated	g	0.012	--	--	0.020
18:2 undifferentiated 1	g	0.010	9	0.001	0.017
18:2 n-6 c,c 1	g	0.010	9	0.001	0.017
18:2 CLAs 1	g	0.000	9	0.000	0.000
18:2 t not further defined 1	g	0.000	9	0.000	0.000
18:3 undifferentiated 1	g	0.001	9	0.001	0.002
18:3 n-3 c,c,c (ALA) 1	g	0.001	9	0.001	0.002
18:3 n-6 c,c,c 1	g	0.000	9	0.000	0.000
18:3i 1	g	0.000	9	0.000	0.000
18:4 1	g	0.000	9	0.000	0.000
20:2 n-6 c,c 1	g	0.000	9	0.000	0.000
20:3 undifferentiated 1	g	0.000	9	0.000	0.000
20:3 n-6 1	g	0.000	9	0.000	0.000
20:4 undifferentiated 1	g	0.000	9	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	9	0.000	0.000
22:4 1	g	0.000	9	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	9	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	9	0.000	0.000
Fatty acids, total trans	g	0.006	--	--	0.010
Fatty acids, total trans-monoenoic	g	0.006	--	--	0.010
Cholesterol 1	mg	5	9	0.000	8
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹*Nabisco Brands, Inc., KC Institute GM1111 National Food and Nutrient Analysis Program Wave 16g, 2012*