

## Basic Report 43261, Yogurt, fruit variety, nonfat

Report Date: August 21, 2019 11:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 container (6 oz) 170g	1 container (4.4 oz) 125g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g
<b>Proximates</b>						
Water	g	75.40	128.18	94.25	184.73	171.16
Energy	kcal	95	162	119	233	216
Protein	g	4.40	7.48	5.50	10.78	9.99
Total lipid (fat)	g	0.20	0.34	0.25	0.49	0.45
Carbohydrate, by difference	g	19.00	32.30	23.75	46.55	43.13
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	19.00	32.30	23.75	46.55	43.13
<b>Minerals</b>						
Calcium, Ca	mg	152	258	190	372	345
Iron, Fe	mg	0.07	0.12	0.09	0.17	0.16
Magnesium, Mg	mg	15	26	19	37	34
Phosphorus, P	mg	119	202	149	292	270
Potassium, K	mg	194	330	242	475	440
Sodium, Na	mg	58	99	72	142	132
Zinc, Zn	mg	0.74	1.26	0.93	1.81	1.68
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.7	1.2	0.9	1.7	1.6
Thiamin	mg	0.040	0.068	0.050	0.098	0.091
Riboflavin	mg	0.180	0.306	0.225	0.441	0.409
Niacin	mg	0.100	0.170	0.125	0.245	0.227
Vitamin B-6	mg	0.040	0.068	0.050	0.098	0.091
Folate, DFE	µg	9	15	11	22	20
Vitamin B-12	µg	0.47	0.80	0.59	1.15	1.07
Vitamin A, RAE	µg	2	3	2	5	5
Vitamin A, IU	IU	12	20	15	29	27
Vitamin E (alpha-tocopherol)	mg	0.06	0.10	0.07	0.15	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.1	1.9	1.4	2.7	2.5
<b>Lipids</b>						
Fatty acids, total saturated	g	0.119	0.202	0.149	0.292	0.270
Fatty acids, total monounsaturated	g	0.050	0.085	0.062	0.122	0.114
Fatty acids, total polyunsaturated	g	0.016	0.027	0.020	0.039	0.036
Cholesterol	mg	2	3	2	5	5
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0