

Full Report (All Nutrients) 45039455, WHOLE MILK PLAIN YOGURT, UPC: 036632002822
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Report Date: June 15, 2019 20:47 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer The Dannon Company, Inc.

Nutrient	Unit	Data points	Std. Error	1 cup 225g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	151	67
Protein	g	--	--	8.01	3.56
Total lipid (fat)	g	--	--	8.01	3.56
Carbohydrate, by difference	g	--	--	11.00	4.89
Fiber, total dietary	g	--	--	0.0	0.0
Sugars, total	g	--	--	11.00	4.89
Minerals					
Calcium, Ca	mg	--	--	299	133
Iron, Fe	mg	--	--	0.00	0.00
Phosphorus, P	mg	--	--	250	111
Potassium, K	mg	--	--	389	173
Sodium, Na	mg	--	--	115	51
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.5	1.1
Riboflavin	mg	--	--	0.511	0.227
Vitamin B-12	µg	--	--	0.90	0.40
Vitamin A, IU	IU	--	--	200	89
Lipids					
Fatty acids, total saturated	g	--	--	4.995	2.220
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	20	9
Amino Acids					

Nutrient	Unit	Data points	Std. Error	1 cup 225g	1 Value Per100 g
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Other

Ingredients

CULTURED GRADE A MILK. *Date Available:* 05/19/2018 *Date Last Updated by Company:* 05/19/2018