

Full Report (All Nutrients) 45218203, KEFIR, UPC: 017077112086
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Report Date: July 20, 2019 22:34 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 LIFEWAY FOODS INC.

Nutrient	Unit	Data points	Std. Error	1 BOTTLE 240g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	161	67
Protein	g	--	--	10.99	4.58
Total lipid (fat)	g	--	--	1.99	0.83
Carbohydrate, by difference	g	--	--	24.00	10.00
Fiber, total dietary	g	--	--	2.9	1.2
Sugars, total	g	--	--	19.99	8.33
Minerals					
Calcium, Ca	mg	--	--	300	125
Iron, Fe	mg	--	--	0.00	0.00
Sodium, Na	mg	--	--	125	52
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	499	208
Vitamin D	IU	--	--	101	42
Lipids					
Fatty acids, total saturated	g	--	--	1.488	0.620
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	10	4

Amino Acids
Other
Ingredients

 CULTURED PASTEURIZED LOWFAT MILK, NONFAT MILK, CANE SUGAR, OAT FIBER, PECTIN, NATURAL VANILLA FLAVOR, NATURAL PLUM FLAVOR, NATURAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D3. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*