



# Upstate Farms Vanilla Yogurt



Upstate Farms Vanilla Nonfat Yogurt 5 Lb.

Product Last Saved Date: 29 September 2017

## Nutrition Facts

10 Servings per container

**Serving Size** **8oz (227g)**

**Amount Per Serving**  
**Calories** **180**

		% Daily
<b>Total Fat</b>	0 g	<b>0%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	
<b>Cholesterol</b>	5 mg	<b>2%</b>
<b>Sodium</b>	105	<b>4%</b>
<b>Total Carbohydrate</b>	38 g	<b>13%</b>
Dietary Fiber	0 g	<b>0%</b>
Total Sugars	30 g	
Includes	g	Added Sugars <b>%</b>

<b>Protein</b>	6 g	
Vitamin D	mg	40%
Calcium	mg	60%
Iron	mg	0%
Potassium	280 mg	8%

\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
9886	152597	10078800113234	4 X 5 LBR	

Brand	Brand Owner	GPC Description
Upstate Farms	UPSTATE NIAGARA COOPERATIVE INC.	Yogurt/Yogurt Substitutes (Perishable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21.5 LBR	20 LBR	USA	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.25 INH	12.25 INH	8.5 INH	0.738 FTQ	12x6	75 Days	34 FAH / 40 FAH

### Ingredients :

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For freshness), Citric Acid, Vitamin D 3

**Allergens (C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info)**

Eggs - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	

### Handling Suggestions :

Keep refrigerated. DO NOT FREEZE.

### Benefits :

Contains Live and Active Cultures. Excellent Source of Protein and Calcium. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. 4oz. serving = one Meat Alternate.

### Serving Suggestions :

Ready to eat as is or delicious when mixed with fruit or granola. Our Upstate Farms Dispensing System makes parfait building easy by dispensing 1 oz. portions per pump.

### Prep & Cooking Suggestions :

Keep refrigerated until ready to serve.

### More Information :