

Upstate Farms

227583 - Upstate Farms Vanilla Lowfat Yogurt 5lb

For our dairy cooperative of 340 family farms, going above and beyond is what we do every day. We like to think of it as having good values. And for Upstate Farms, having good values is what making quality yogurt is all about. It means we know every single cow that produces our milk and only the finest ingredients go into our yogurt. It means better tasting, higher quality ...



MARKETING

Gluten Free. Contains Live & Active Cultures. Excellent Source of Calcium

Nutrition Facts

13 Servings per container

Serving Size3/4 cup

Amount Per Serving

Calories160

% Daily Value*

Total Fat 1.52%

Saturated Fat 1 g5%

Trans Fat 0 g

Cholesterol 10 mg3%

Sodium 150 mg7%

Total Carbohydrates 28 g10%

Dietary Fiber 0 g0%

Total Sugars 23 g

Includes 14 g Added Sugars28%

Protein 7 g

Vitamin D 0 mcg0%

Calcium 260 mg20%

Iron 0 mg0%

Potassium 330 mg8%

* 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

Code	Dist Prod Code	GTIN	Calculated Pack			
109891	227583	10078800113296	4.5lb UF LF NAT VAN			
Brand	Brand Owner		GPC Description			
Upstate Farms	Upstate Niagara Cooperative, Inc.		Yogurt (Perishable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
21.5 LBR	20 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.25 INH	12.25 INH	8.25 INH	1238.02 INQ	12x6	75 Days	34 FAH / 40 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE.

- 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'
- Milk - C

Eggs - N

Soybean - N

Wheat - N

Sesame - N

AU - N

Molluscs - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

Mustard - N

INGREDIENTS

Cultured Pasteurized Grade A Lowfat Milk, Sugar, Corn Starch, Tapioca Starch, Natural Flavor, Pectin

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PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

SERVING SUGGESTIONS

Ready to eat as is or delicious when mixed with fruit or yogurt

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	160
Protein	7 g
Total Carbohydrates	28 g
Sugars	23 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	20
Vitamin A (RE)	20
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1.5
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	14 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	10 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	150 mg
Calcium	260 mg
Iron	0 mg
Potassium	330 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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FREE_FROM_GLUTEN	YES
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