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 ...



3/4 cup



MARKETING

Cultures. Excellent Source of Calcium

Nutrition Facts Gluten Free. Contains Live & Active

Serving Size

13 Servings per container

Amount Per Serving

Calories	160
	% Daily Value*
Total Fat 1.5	2%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 150 mg	7%
Total Carbohydrates 28 g	10%
Dietary Fiber 0 g	0%
Total Sugars 23 g	
Includes 14 g Added Sugars	28%
Protein 7 g	
Vitamin D 0 mcg	0%
Calcium 260 mg	20%
Iron 0 mg	0%
Potassium 330 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

PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
9891	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	TIxHI	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

ALLERGENS



SERVING SUGGESTIONS

or yogurt



INGREDIENTS

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

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'



(Peanuts - N



(1) Tree Nuts - N

(M) Shellfish - N





Fish - N





HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

Ready to eat as is or delicious when mixed with fruit

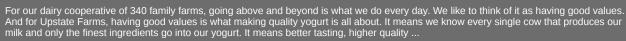
Keep refrigerated. DO NOT FREEZE.

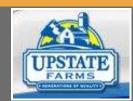
Keep refrigerated until ready to serve.

MORE INFORMATION



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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

FREE_FROM_GLUTEN

YES

MORE IMAGES









