

10078800113623 - Upstate Farms Greek Plain Nonfat Yogurt

Contains live and active cultures. Excellent source of protein. Gluten Free



MARKETING

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 products because we're dedicated to yogurt made with good values right from the start.

Nutrition Facts

5 Servings per container	
Serving Size	6oz
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 55 mg	2%
Total Carbohydrates 6 g	2%
Dietary Fiber 0 g	0%
Total Sugars 6 g	
Includes 0 g Added Sugars	0%

Protein 18 g	
Vitamin D 0 mcg	0%
Calcium 180 mg	15%
Iron 0 mg	0%
Potassium 210 mg	4%

* 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		GTIN		Pack Description		
109700		10078800113623		6/32oz UF GREEK PLAIN		
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
13 LBR	12 LBR	No	United States		Undeclared	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.25 INH	9.4375 INH	6 INH	806.91 INQ	13x5	50 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'; INHI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Mustard - N
- Molluscs - N

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk

UPSTATE FARMS

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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 granola

MORE INFORMATION

