

# 227638 - Upstate Farms Plain Yogurt



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 prod...



## MARKETING

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

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
9885	227638	10078800113050	4/5lb UPFRM PLAIN YOG

Brand	Brand Owner	GPC Description
Upstate Farms Plain Nonfat Yogurt 5lb	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	Yes	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

## 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
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

## HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE.

## SERVING SUGGESTIONS

Ready to eat as is or delicious when mixed with fruit or granola.

## PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

## MORE INFORMATION

# Nutrition Facts

13 Servings per container

**Serving Size** 3/4 cup

**Amount Per Serving**  
**Calories** 80

% Daily Value\*

**Total Fat** 0 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 5 mg 1%

**Sodium** 100 mg 4%

**Total Carbohydrates** 15 g 5%

Dietary Fiber 0 g 0%

Total Sugars 7 g

Includes 0 g Added Sugars 0%

**Protein** 5 g

Vitamin D 6 mcg 30%

Calcium 470 mg 35%

Iron 0 mg 0%

Potassium 270 mg 6%

\* 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.

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## NUTRITIONAL ANALYSIS



Calories	80
Protein	5 g
Total Carbohydrates	15 g
Sugars	7 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	5 mg
Vitamin D	6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	100 mg
Calcium	470 mg
Iron	0 mg
Potassium	270 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



FREE_FROM_GLUTEN	YES
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KOSHER	YES
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KOSHER	YES
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## MORE IMAGES

