

Upstate Farms Plain Nonfat Yogurt 5lb

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

## Nutrition Facts

13 Servings per container

<b>Serving Size</b>	<b>3/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 5 mg	<b>1%</b>
<b>Sodium</b> 100 mg	<b>4%</b>
<b>Total Carbohydrates</b> 15 g	<b>5%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 7 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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.

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
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 Nonfat Milk, Modified Corn Starch, Whey, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Vitamin D3

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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

NUTRITIONAL ANALYSIS

Calories	80	Total Fat	0	Sodium	100 mg
Protein	5 g	Trans Fat	0 g	Calcium	470 mg
Total Carbohydrates	15 g	Saturated Fat	0 g	Iron	0 mg
Sugars	7 g	Added Sugars	0 g	Potassium	270 mg
Dietary Fiber	0 g	Polyunsaturated Fat	0 g	Zinc	
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	5 mg		
Vitamin A (IU)	0	Vitamin D	6 mcg	Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

FREE_FROM_GLUTEN	YES	KOSHER	YES	KOSHER	YES
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