

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

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	TlxHl	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

HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE.

SERVING SUGGESTIONS

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

Nutrition Facts

13 Servings per container

Serving Size3/4 cup

Amount Per Serving

Calories80

% Daily Value\*

Total Fat 00%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 5 mg1%

Sodium 100 mg4%

Total Carbohydrates 15 g5%

Dietary Fiber 0 g0%

Total Sugars 7 g

Includes 0 g Added Sugars0%

Protein 5 g

Vitamin D 6 mcg30%

Calcium 470 mg35%

Iron 0 mg0%

Potassium 270 mg6%

\* 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.

INGREDIENTS

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

- ALLERGENS
- 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
- MORE INFORMATION
- Last Saved: 25 March 2025 | Printed: 18 April 2025

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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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