

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	
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.	

PRODUCT SPECIFICATIONS

Code	Dist Prod Code		GTIN		Calculated Pack	
9885	227638		10078800113050		4/5lb UPFRM PLAIN YOG	
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		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
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - N

SERVING SUGGESTIONS

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

INGREDIENTS

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

HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE.

PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

MORE INFORMATION

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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

