

# Yami Yogurt

Lactose Free Lowfat Black Cherry Yogurt - 6 oz  
Item #4914

UPC 0 11384 16014 3  
GTIN 1 0 0 11384 16014 0

Storage/Shipping Temperature: 36° F (33 - 42° F)

| Pack Size | Case Length (in.) | CaseWidth (in.) | Case Height (in.) | Cube (ft³) | Case Weight (lb) | TI-HI | Cases/Pallet | Shelf Life (days) |
|-----------|-------------------|-----------------|-------------------|------------|------------------|-------|--------------|-------------------|
| 12/6 oz   | 13.00             | 9.75            | 3.00              | 0.23       | 6.00             | 14x20 | 280          | 60                |

| Nutrition Facts                                                                                                                                                     |                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Serving size                                                                                                                                                        | 1 container (170g) |
| Amount per serving                                                                                                                                                  |                    |
| Calories                                                                                                                                                            | 140                |
| % Daily Value*                                                                                                                                                      |                    |
| Total Fat 2.5g                                                                                                                                                      | 3%                 |
| Saturated Fat 1.5g                                                                                                                                                  | 8%                 |
| Trans Fat 0g                                                                                                                                                        |                    |
| Cholesterol 10mg                                                                                                                                                    | 3%                 |
| Sodium 105mg                                                                                                                                                        | 5%                 |
| Total Carbohydrate 21g                                                                                                                                              | 8%                 |
| Dietary Fiber 0g                                                                                                                                                    | 0%                 |
| Total Sugars 20g                                                                                                                                                    |                    |
| Includes 12g Added Sugars                                                                                                                                           | 24%                |
| Protein 8g                                                                                                                                                          | 16%                |
| Vitamin D 3mcg                                                                                                                                                      | 15%                |
| Calcium 279mg                                                                                                                                                       | 20%                |
| Iron 0mg                                                                                                                                                            | 0%                 |
| Potassium 342mg                                                                                                                                                     | 8%                 |
| Vitamin A 182mcg                                                                                                                                                    | 20%                |
| * The % Daily Value (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:** PASTEURIZED GRADE A LOWFAT MILK, SUGAR, GELATIN, CHERRY JUICE CONCENTRATE, LACTASE, APPLE JUICE CONCENTRATE, FRUIT AND VEGETABLE JUICE (FOR COLOR), CULTURE, NATURAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS MILK.

**ALLERGENS** Contains Milk, specified on label

**KOSHER CERTIFIED** No

| Cup Contents (oz) | Cup Weight (g) | Cup Material  | Tamper Evident | Plant Code | Best By Format | Time Stamp (military) | Case Material | Cups/case |
|-------------------|----------------|---------------|----------------|------------|----------------|-----------------------|---------------|-----------|
| 6                 | 170            | polypropylene | Foil Lid       | 53-33      | DD/MM/YY       | HHMM                  | Cardboard     | 12        |

**Cup Dimensions** 3.13"L x 3.13"D x 2.75"H

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## 100 g Nutritional Information

| Nutrient               | Value   | Nutrient            | Value   |
|------------------------|---------|---------------------|---------|
| Grams                  | 100     | Dietary Fiber (g)   | 0.0005  |
| Calories (kcal)        | 82.8158 | Soluble Fiber (g)   | 0       |
| Total Fat (g)          | 1.4812  | Insoluble Fiber (g) | 0       |
| Saturated Fat (g)      | 0.8765  | Sugars (g)          | 11.9742 |
| Trans Fat (g)          | 0.0055  | Added Sugars (g)    | 7.3359  |
| Cholesterol (mg)       | 5.8758  | Protein (g)         | 4.6321  |
| Sodium (mg)            | 61.9258 | Water (g)           | 78.9357 |
| Total Carbohydrate (g) | 12.0673 | Ash (g)             | 0.7644  |

| Nutrient             | Value    | Nutrient       | Value    |
|----------------------|----------|----------------|----------|
| Vitamin D (µg)       | 1.4979   | Calcium (mg)   | 164.1504 |
| Vitamin D (IU)       | 59.1094  | Iron (mg)      | 0.2503   |
| Vitamin A (RAE) (µg) | 106.9592 | Potassium (mg) | 200.984  |

*\*Nutritional values are calculated using nutrition database software. Any given lot of product may vary slightly.*