

Yami Yogurt

Lactose Free Lowfat Vanilla Yogurt - 6 oz
Item #4910

UPC 0 11384 16010 5
GTIN 1 0 0 11384 16010 2

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

Pack Size	Case Length (in.)	CaseWidth (in.)	Case Height (in.)	Cube (ft ³)	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, NATURAL FLAVORS, GELATIN, LACTASE, CULTURE, 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)		0.0009	
Calories (kcal)		84.0688		Soluble Fiber (g)		0	
Total Fat (g)		1.481		Insoluble Fiber (g)		0	
Saturated Fat (g)		0.8754		Sugars (g)		12.1468	
Trans Fat (g)		0.0055		Added Sugars (g)		7.5989	
Cholesterol (mg)		5.8683		Protein (g)		4.6219	
Sodium (mg)		61.4899		Water (g)		78.6455	
Total Carbohydrate (g)		12.3758		Ash (g)		0.7594	

Nutrient		Value		Nutrient		Value	
Vitamin D (µg)		1.496		Calcium (mg)		163.9106	
Vitamin D (IU)		59.0346		Iron (mg)		0.2468	
Vitamin A (RAE) (µg)		106.8239		Potassium (mg)		197.6931	

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