



AA YOGURT, RASPBERRY UPSTATE

Nutrition Facts

Serving Size: EACH
Serving per Container: 1

Amount Per Serving

Calories: 90 Calories from Fat 0

	% Daily Value ²
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 19.0g	6%
Dietary Fiber 0.0g	0%
Sugars 14.0g	
Protein 3.0g	6%

Vitamin A 0% Vitamin C 0%
Calcium 29% Iron 0%



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	NO	NO	NO	NO	NO	NO	NO

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



9817 - 4 oz. Nonfat Blended Raspberry

Only the finest ingredients go into our Upstate Farms nonfat yogurts... made with rBST-free milk, natural ingredients, no HFCS, and no artificial colors or flavors, it means better-tasting, higher-quality, more healthy products for you to serve. Available in a plethora of flavors in 4oz, 8oz, and 5lb sizes, our extended shelf-life and 5# Dispensing System add further value to you.



Brand: Upstate Farms

Nutrition Facts

1 servings per container

Serving size **4 oz (113g)**

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 55mg **2%**

Total Carbohydrate 19g **7%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 4mcg 20% • Calcium 290mg 20%

Iron 0mg 0% • Potassium 160mg 4%

* 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

Cultured Pasteurized Grade a Nonfat Milk, Sugar, Modified Corn Starch, Raspberries, Whey, Purple Carrot Juice Concentrate (For Color), Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Lemon Juice Concentrate, Natural Flavors, Locust Bean Gum, Vitamin D3

Case Specifications

GTIN	10078800112916	Case Gross Weight	13.50 LB
Pack Size	48 / 4OZ	Case Net Weight	12 LB
Shelf Life	90 Days	Case L,W,H	13 IN, 9.63 IN, 7 IN
Tie x High [Total]	14 x 8 [112]	Cube	875.88 INQ

Preparation and Cooking

Keep refrigerated until ready to eat.

Serving Suggestions

Ready to eat as is or can be enjoyed when mixed with fruit or granola.

Product Features and Benefits

- Gluten Free
- Contains live and active cultures
- Certified Kosher

Packaging and Storage

Keep refrigerated. DO NOT FREEZE.

Allergens

CONTAINS:
Milk or Milk Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Mustard or Mustard Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional/Diet Claims: Fat Free, Gluten Free, Healthy, Kosher DAIRY Union of Orthodox Jewish Congregations of America