



Upstate Farms

102589 - Uf Cher Van Nf Blnd Yog 4oz

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Excellent source of calcium Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.



Nutrition Facts

Servings per Container 1
Serving size 1container (113g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 7g Added Sugar	14%
Protein 3g	
Vitamin D 4mcg	20%
Calcium 320mg	25%
Iron 0mg	0%
Potassium 190mg	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.

* Benefits

Nonfat Yogurt
Calcium & Vitamin D Added
Gluten Free

Ingredients

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Cherries, Whey, Tricalcium Phosphate, Gellan Gum, Natural Cherry & Vanilla Flavors, Natural Flavors, Citric Acid, Fruit and Vegetable Juice Concentrate (For Color), Potassium Sorbate (For Freshness), Vitamin D3

Allergens

Contains:



Free From:



Handling Suggestions

Keep refrigerated. DO NOT FREEZE.

Serving Suggestions

Ready to eat as is or enjoy with your favorite fruits or granola.

Prep & Cooking Suggestions

Keep refrigerated until ready to eat.

Product Specifications

Brand	Manufacturer
Upstate Farms	UPSTATE NIAGARA COOPERATIVE INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
121026	102589	10078800116860		48/4 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	12lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.19in	9.94in	7.19in		14x8	90DAYS	34°F / 40°F



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Nutrition Analysis - By Serving

Calories	80	Total Fat	0g	Sodium	75mg
Protein	3	Trans Fats	0g	Calcium	320mg
Total Carbohydrates...	15g	Saturated Fat	0g	Iron	0mg
Sugars	12g	Added Sugars	7g	Potassium	190mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

