

Smart Snacks Product Calculator Results

Brand:
Upstate Farms

Product Name:
66399 Raspberry Nonfat Yogurt

Serving Size:
113.40 g

First Ingredient:
**Cultured Pasteurized Grade A
Nonfat Milk**

• Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 4 oz (about 113.40 g) ⓘ

Amount Per Serving

Calories 90

Calories from Fat 0

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 50

Carbohydrates

Sugars (g) 15

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA