



Upstate Farms
87450600 - Uf Rasp 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.



* Benefits

Gluten Free
Contains live and active cultures
Certified Kosher

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

Allergens

Contains:
 milk

Free From:
 crustaceans eggs fish peanuts
 sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 1
Serving size 4oz (113g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 4mcg	20%
Calcium 290mg	22%
Iron 0mg	0%
Potassium 160mg	3%

* 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.

Handling Suggestions

Keep refrigerated. DO NOT FREEZE.

Serving Suggestions

Ready to eat as is or can be enjoyed when mixed with fruit 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.
9817	87450600	10078800112916		cs

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
13in	9.63in	7in	875.88INQ	14x8	90DAYS	34°F / 40°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat	0g	Sodium	55mg
Protein	3	Trans Fats	0g	Calcium	290mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	0mg
Sugars	14g	Added Sugars	10g	Potassium	160mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0	Vitamin D	4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

