



Upstate Niagara Cooperative Inc.

1070749202 - Uf Blue Nf Blnd Yog 4oz

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. 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

Serving Size: 4 Ounces
Number of Servings per 48

Amount Per Serving

Calories: 90 **Calories from Fat:** 0

% Daily Value*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	5 mg	1%
Sodium	55 mg	2%
Total Carbohydrate	19 g	6%
Dietary Fiber	0 g	3%
Sugars	14 g	%
Protein	3 g	%

Vitamin A	Per Srv 0%	Vitamin C	Per Srv %
Calcium	20%	Iron	0%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

Cultured Pasteurized Grade A Nonfat Milk,Sugar,Modified Corn Starch,Whey,Blueberry Juice Concentrate,Tricalcium Phosphate,Natural Flavors,Elderberry Juice(For color),Gellan Gum,Lemon Juice Concentrate,Potassium Sorbate(For freshness),Citric Acid,Locust Bean Gum,Vitamin D3

⚠ Allergens

Contains:



Free From:



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	Product Category
Upstate Farms	Upstate Niagara Cooperative Inc.	Yogurt

MFG #	SPC #	GTIN	Pack	Pack Desc.
9816	1070749202	10078800112909		48/4 oz

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
13.5 lb	12.5 lb	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13 in	9.63 in	7 in	0.51 ft3	14x8	90 DAYS	34°F / 40°F



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Upstate Farms Blueberry Nonfat Blended Yogurt 4oz



Nutrition Analysis

Calories	90 D70	Total Fat	0 g	Sodium	55 mg
Protein	3 g	Trans Fats	0 g	Calcium	290 mg
Total Carbohydrates...	19 g	Saturated Fat	0 g	Iron	0 mg
Sugars	14 g	Polyunsaturated Fat		Potassium	160 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	5 mg	Phosphorus	
Sucrose					
Vitamin A(IU)	0 µg	Vitamin D	4 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

