



Yogurt, fruit, low fat, 10 grams protein per 8 ounce

TOTAL
15.7
5.3

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

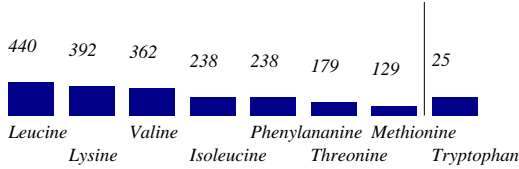
FIBER
0
0

Energy [kcal per 100 gr. food]

102

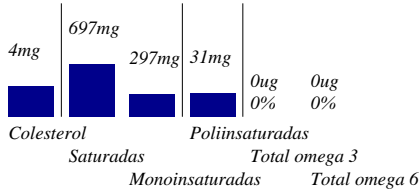
kCALs
4.4
3.9
80.7

Essential aminoacids profile [mg per 100 gr. food]



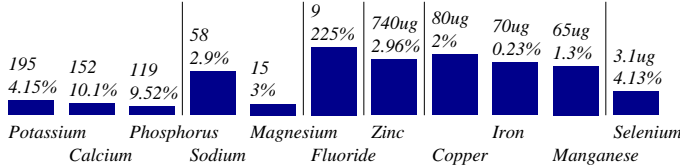
PROTE.
9.5
7.8
81.7

Main lipids profile [gr of lipid per 100 gr. food]



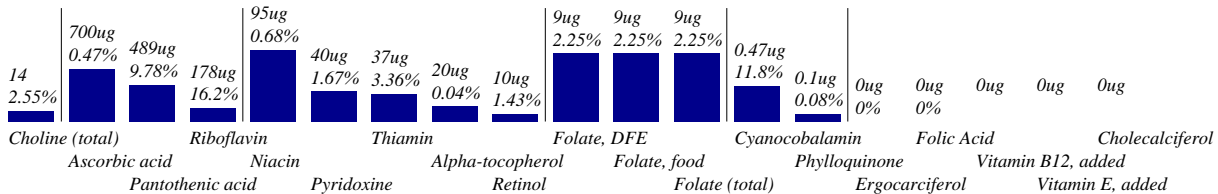
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
12.8

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
3.4

Phytochemicals profile [mg of nutrient per 100 gr. food]

