

## Yamas Greek Authentic Yogurt - Information

Greek Full Fat Dairy Yogurt

**TFS Product Code:** 030767  
**Suppliers Product Code:** 15264 (YAM013)  
**Information Last Updated:** 20/01/2025  
**Date Produced:** 16/09/2025

### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	260.00
Energy (kJ)	1076.00
Protein (g)	12.40
Carb (g)	7.40
Of Which Sugars (g)	6.80
Fat (g)	20.00
Of Which Saturates (g)	14.00
Fibre (g)	1.00
Salt (g)	0.34

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Pasteurised skimmed cow's **MILK**, Pasteurised skimmed condensed cow's **MILK**, **MILK** cream, **MILK** protein, yoghurt culture. Pasteurised skimmed cow's **MILK**, Pasteurised skimmed condensed cow's **MILK**, **MILK** cream, **MILK** protein, yoghurt culture.

## Handling Information

### Directions for Use

Keep refrigerated. Once opened, consume within 3 days and by date shown.

### Storage Instructions

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