

MAKE THE RECIPES YOU ALREADY LOVE EVEN BETTER.

Cooking with Yogurt

Cooking with yogurt goes way beyond great taste and creamy texture, it can also add less fat to recipes.*



NUTRITION FACTS

		OIKOS PLAIN GREEK NONFAT YOGURT
	Sour Cream	OIKOS
calories	475	135
fat (g)	45	0
	Butter	OIKOS
calories	1660	65
fat (g)	184	0
		DANNON PLAIN NONFAT YOGURT
	Heavy Cream	DANNON
calories	815	105
fat (g)	87	0
	Vegetable Oil (Canola)	DANNON
calories	2020	55
fat (g)	224	0
	Buttermilk (Whole)	DANNON
calories	150	70
fat (g)	8	0
	Mayonnaise	DANNON
calories	1500	105
fat (g)	165	0

SUBSTITUTION CHART

INGREDIENT		SUBSTITUTE
	=	OIKOS 1 cup
	=	OIKOS 1/2 cup + 1/2 cup butter
	=	DANNON 1/2 cup
	=	DANNON 1 cup
	=	DANNON 2/3 cup + 1/3 cup milk
	=	DANNON 1 cup

TASTE
Yogurt's rich, tart taste gives recipes a fresh, tangy pop of flavor.

TEXTURE
Yogurt gives dishes a thick, smooth creamy texture with a velvet-like finish.

NUTRIENTS
Yogurt contains many beneficial nutrients and has less fat than many other ingredients.*

All nutrient values are based on a 1 cup (8 oz.) serving.

Data for Danone product information can be found on brand websites. Data for other foods are based on U.S. Department of Agriculture, Agricultural Research Service, 2022: <https://fdc.nal.usda.gov/fdc-app.html#/>

*At least 80 percent less fat than regular cream cheese, mayonnaise and sour cream based on USDA Database May 2013

©2024 Danone US, LLC.

+830 calories and 92 g fat for 1/2 cup of butter

+40 calories and 1.5 g fat for 1/3 cup of reduced fat (2%) milk

DANNON® OIKOS

danoneawayfromhome.com