

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.\*



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  
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## 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
	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 Blended Greek Nonfat Yogurt Plain

 = **OIKOS**  
 cup

 = **OIKOS**  
 cup + 1/2 cup butter

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

 = **DANNON**  
 cup

 = **DANNON**  
 cup

 = **DANNON**  
 cup + 1/3 cup milk

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

 = **DANNON**  
 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.\*

**DANNON® OIKOS**

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