



MAKE THE RECIPES YOU LOVE,  
EVEN BETTER WITH YOGURT.

# Cooking with Yogurt

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

## 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.\*

## NUTRITION FACTS

		OIKOS PLAIN GREEK NONFAT YOGURT
	Sour Cream	OIKOS
calories	455	120
fat (g)	45	0
	Butter	OIKOS
calories	1630	120
fat (g)	184	0
		DANNON PLAIN NONFAT YOGURT
	Heavy Cream	DANNON
calories	810	120
fat (g)	86	0
	Vegetable Oil (Canola)	DANNON
calories	1930	120
fat (g)	218	0
	Buttermilk (Whole)	DANNON
calories	150	120
fat (g)	8	0
	Mayonnaise	DANNON
calories	1500	120
fat (g)	165	0

## SUBSTITUTION CHART

INGREDIENT	=	SUBSTITUTE OIKOS PLAIN GREEK NONFAT YOGURT
 1 cup sour cream	=	 1 cup
 1 cup butter	=	 1/2 cup + 1/2 cup butter
 1 cup heavy cream	=	 1 cup
 1 cup vegetable oil	=	 1/2 cup
		DANNON PLAIN NONFAT YOGURT
 1 cup buttermilk	=	 2/3 cup + 1/3 cup milk
 1 cup mayonnaise	=	 1 cup



All nutrient values are based on a 1 cup (8 oz.) serving. Data from Dannon product information and also based on the USDA National Nutrient Database for Standard Reference 2013 <https://ndb.nal.usda.gov>

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

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