Stonyfield Organic SINCE 1983

Make it with yogurt instead!

You can use this substitution guide to make tasty dressings and desserts, creamy soups, moist baked goods and tender marinated meats. And to cut fat and calories too.

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Yogurt substitution nutrition facts*

	Sour Cream	Stonyfield Greek 0% Fat Plain
Calories	444	130
Fat (g)	45	0

	Butter	Stonyfield Greek 0% Fat Plain
Calories	1628	130
Fat (g)	184	0

	Mayonnaise	Stonyfield Lowfat Plain
Calories	1496	120
Fat (g)	165	2

	Heavy Cream	Stonyfield Greek 0% Fat Plain
Calories	821	130
Fat (g)	88	0

	Vegetable Oil	Stonyfield Greek 0% Fat Plain
Calories	1927	130
Fat (g)	218	0

	Buttermilk	Stonyfield Lowfat Plain
Calories	152	120
Fat (g)	8	2

** Nutrient values based upon a 1:1 cup ratio. Data from http://ndb.nal.usda.gov/*

Cooking Tips

When adding yogurt to a hot mixture, stir a few tablespoons of the hot food into the yogurt to warm it gradually. Then stir the warmed yogurt mixture back into the hot food. This will help keep the yogurt from separating.

When adding yogurt, stir or fold it in gently to maintain a thick and creamy texture.

Don't worry—freezing yogurt has little effect on its beneficial cultures. While heating yogurt above 120° will destroy cultures, the yogurt will still provide valuable nutrients like calcium and protein.

To thicken up a yogurt-based salad dressing or dip, just chill it for an hour.

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