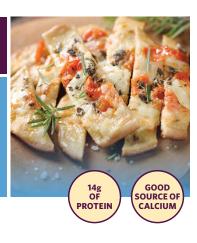
# Protein-packed Flatbread

Give meals and snacks an Italian flair with this protein-packed flatbread that's sure to please. Each serving contains 28% of the Daily Value for protein (14 grams) and 15% of the Daily Value for calcium, as well as a loads of flavor in every bite. Top it with your favorite cheeses and veggies or serve fondue-style to create a dish to satisfy any appetite.



# **MARKET INSIGHTS**

- Interest in protein continues, with increased focus on the variety and quality of protein sources. (Innova Market Insights, "Key Trends for the Global F&B Industry," April 2015)
- The U.S. dairy ingredient industry has supported the development of the protein market with a steady output of innovation, enabling protein to go into a wealth of new formats with better taste and texture. (ThinkUSAdairy.org, May 2015)
- Twenty-six percent of U.S. consumers have increased their intake of protein in the last two years. (Innova Market Insights, "Key Trends for the Global F&B Industry," April 2015)

## **INGREDIENTS**

	Usage Levels (%)
Nonfat yogurt	37.51
White enriched all-purpose flour	31.92
Water	11.97
Milk protein concentrate 80	7.98
Wheat gluten	7.98
Olive oil	1.60
Yeast	0.41
Butter	0.40
Sugar	0.16
Milk permeate	0.04
Salt	0.03
Total	100.00

INGREDIENTS: Nonfat yogurt (cultured, pasteurized nonfat milk), white enriched all-purpose flour, water, milk protein concentrate, wheat gluten, olive oil, yeast, butter, sugar, dairy product solids,

Contains: milk, wheat

# **BENEFITS OF USING U.S. DAIRY**

### Nonfat yogurt

- A functional ingredient that delivers nutritional value, flavor and texture
- Provides protein, calcium, riboflavin and phosphorus

# Milk protein concentrate 80

- · Provides dairy protein and calcium
- Helps build body and texture in baked goods

#### Rutter

· Provides a delicious and authentic flavor

## Milk permeate

- Provides salty characteristics so that added salt may be reduced
- Contains minerals such as calcium, phosphorus, magnesium, sodium and potassium
- Improves surface browning while providing a clean dairy flavor

# **NUTRITIONAL CONTENT**

U.S. Label

Nutri Serving Size Servings Per	2.5 oz (7	'0g)	Cis
Amount Per Ser	ving		
Calories 150	) Calo	ories fron	n Fat 1
		% Da	aily Value
Total Fat 2g			3%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 30n	ng		1%
Total Carbo	hvdrate 2	20g	7%
Dietary Fil	•		4%
Sugars 1g			
Protein 14g			28%
Trotein 14g			207
Vitamin A 0%	• '	Vitamin (	C 0%
Calcium 15%	, • I	Iron 8%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Protein Calories per gran	Less than Less than Less than Less than tte	65g 20g 300mg 2,400mg 300g 25g 50g	80g 25g 300mg 2,400mg 375g 30g 65g

Per 100g	
Calories	215kcal
Total Fat	3g
Saturated Fat	1g
Trans Fat	Og
Cholesterol	6mg
Total Carbohydrates	28g
Dietary Fiber	1g
Sugars	2g
Protein	19g
Calcium	193mg
Magnesium	15mg
Phosphorus	134mg
Potassium	70mg
Sodium	43mg
Iron	2mg
Vitamin A	12IU
Vitamin C	0mg



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### **PREPARATION**

- 1. Preheat the oven to 425°F (218°C).
- 2. Mix yeast with 150 mL of lukewarm water.
- 3. Blend all of the dry ingredients (white enriched all-purpose flour, wheat gluten, milk protein concentrate, permeate powder, salt and sugar). Gradually fold in the oil.
- 4. Melt the butter and pour it into the mixed dry ingredients.
- 5. Combine the nonfat yogurt with the yeast water, then add to the dry ingredients and knead the dough.
- 6. Oil the surface of the dough with olive oil, cover and incubate at room temperature for six hours.

- 7. Roll 100g of the dough. Cover and incubate at room temperature for 30 minutes.
- 8. Bake at  $425^{\circ}F$  (218°C) on a baking sheet for 10 to 12 minutes.

Toppings: Veggie toppings (spinach, kale, artichokes, olives, onions, tomatoes, mushrooms, sun-dried tomatoes) can be served with red sauce, pesto sauce or white sauce with mozzarella cheese or a combination of mozzarella and feta cheese or mozzarella and Cheddar cheese.

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Dairy Products Technology Center, California Polytechnic State University. ©2015 U.S. Dairy Export Council.

