

# High-Protein Pudding



## INGREDIENTS


	Usage Levels (%)
Skimmed milk	70.52
Whey protein concentrate, 80% protein (WPC 80)	10.00
Sugar	10.20
Dextrose	5.70
Food starch, modified	3.00
Tetra sodium pyrophosphate	0.25
Disodium phosphate	0.13
Flavor, vanilla	0.20
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	140kcal
<b>Total Fat</b>	1g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	10mg
<b>Total Carbohydrates</b>	22g
Dietary Fiber	0g
Sugars	20g
<b>Protein</b>	10g
Calcium	163mg
Magnesium	21mg
Phosphorus	207mg
Potassium	160mg
Sodium	130mg
Iron	0mg
Vitamin A	156IU
Vitamin C	0mg

## PREPARATION

1. **Mix dry ingredients at low speed to make the pudding mix.**
2. **Pour one cup skimmed milk into a 400 ml container.**
3. **Add the pudding mix slowly to skimmed milk with continuous stirring until completely dissolved.**
4. **Pour pudding sample into serving cups.**
5. **Refrigerate overnight at 4-8°C (39-46°F) for overnight.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by Proliant, Inc. ©2014 U.S. Dairy Export Council.