

Moofu Meatballs

The popularity of meatballs spans many cultures, and this version is sure to be a hit with those looking for meat alternatives. Made with Moofu, a protein-rich meat alternative based on acidified skim milk, these tasty snacks deliver on protein content with up to 16 grams of high-quality protein per serving. They're the perfect addition to meatless Mondays or any day of the week.



16g
OF
PROTEIN

HIGH-
QUALITY
PROTEIN

MARKET INSIGHTS

- Product launches of meat alternatives experienced an 18.6% compound annual growth rate from 2009 to 2014. That growth is 4.5 points higher than the meat, fish and eggs category. (Innova Market Insights, "Meat Substitutes," February 2015)
- A 2012 Harris Poll found nearly half of Americans eat at least one nonmeat meal per week, up from 40% back in 2007. (Innovation Center for U.S. Dairy®, "The Future of Dairy," November 2014)
- More people, especially those over age 65 and those under age 30, are eating less meat and searching for high-protein items to replace meat. (*USA Today*, "Meatless meals gain popularity for budget, health reasons," March 2012)

INGREDIENTS

	Usage Levels (%)
Moofu (nonfat milk, vinegar), shredded	41.25
Water	13.75
Portobello mushrooms, chopped	13.75
Whey protein concentrate 80	12.38
Red onion, chopped	6.88
Garlic, chopped	4.12
Butter	3.44
Parmesan cheese, shredded	3.44
Caramel color	0.69
Salt	0.14
Italian seasoning	0.07
Ground oregano	0.03
Garlic powder	0.03
Onion powder	0.03
Total	100.00

INGREDIENTS: Moofu (nonfat milk, vinegar), water, portobello mushroom, whey protein concentrate, red onion, garlic, butter, Parmesan cheese, caramel color, salt, Italian seasoning, oregano, garlic powder, onion powder.

Contains: milk

BENEFITS OF USING U.S. DAIRY

Moofu

- Low in cholesterol and calories, providing the equivalent protein of eggs
- Provides an excellent source of protein for any meal, with a texture similar to tofu
- Firm texture offers flexibility in applications for chopping, shredding, slicing or frozen uses

Whey protein concentrate 80

- Boosts protein content of foods while offering excellent protein quality
- Provides textural characteristics
- Helps retain moisture
- Provides a neutral taste well-suited to many flavors

Butter

- Provides a delicious and authentic flavor

Cheese

- One of more than 600 amazing varieties of U.S.-produced cheeses
- Creates added taste appeal while contributing to protein content
- Cheese flavor and functionality can be tailored to specific applications

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts			
Serving Size 8 pieces (85g)			
Amount Per Serving			
Calories 140		Calories from Fat 35	
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 220mg			9%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 16g			32%
Vitamin A 2%		Vitamin C 2%	
Calcium 6%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Per 100g

Calories	170cal
Total Fat	4.6g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	37mg
Total Carbohydrates	14g
Dietary Fiber	1g
Sugars	1g
Protein	18g
Calcium	81mg
Magnesium	8mg
Phosphorus	89mg
Potassium	138mg
Sodium	255mg
Iron	0mg
Vitamin A	116IU
Vitamin C	2mg


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MOOFU PREPARATION

1. Heat 1 gallon pasteurized skim milk to 185°F for 30 minutes in a jacketed kettle.
2. Acidify milk by adding 100mL vinegar and stir to bring to the desired pH (5.7).
3. Collect curd in containers lined with cheese cloth and press the curd.
4. Chill the curd and vacuum pack in polyethylene bags.

MEATBALL PREPARATION

1. Preheat the oven to 350°F (177°C).
2. Mix the whey protein concentrate with water at room temperature.
3. On medium heat, sauté the chopped onion and garlic with butter.
4. Add the chopped mushrooms and shredded Moofu to sautéed onions and garlic.
5. Mix in the herbs and Parmesan cheese.
6. Add spices, caramel color and the whey protein concentrate mix to the Parmesan-herb mixture.
7. Scoop balls into desired size.
8. Bake meatless balls in the oven for 10 minutes.
9. Serve with the sauce of your choice.

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on 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

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.