

Reduced-sodium Protein Udon Soup

Easy-to-prepare comfort food gets upgraded with this fresh take on a popular dish. The savory, protein-enriched udon noodles and Asian broth dish contains 11g of protein per serving with 45% less sodium than similar products on the market*. High-quality U.S. dairy ingredients, including whey protein concentrate and whey permeate, add nutritional value to this upscale, yet convenient comfort food.



11g OF PROTEIN

REDUCED SODIUM

*Contains 45% less sodium than a similar product on the market. Sodium has been reduced from 758mg per serving to 420mg per serving.

MARKET INSIGHTS

- Consumers are busy, so convenient meals are thriving. These include meal-preparation products and at-home meal kits that package high-quality meals in an easy-to-follow format, but also consider consumers' dietary preferences.¹
- Low sodium is preferable, but consumers do not want to sacrifice taste. A recent trend is pre-made pasta dishes that offer more nutritious options — lower sodium and more vegetables² (Innova Market Insights, "Prepared Pasta and Noodles," November 2016).
- Popularity of prepared pasta and noodle dishes has grown more than 8% over the past 5 years (Innova Market Insights, "Prepared Pasta and Noodles," November 2016).

INGREDIENTS (HIGH-PROTEIN NOODLES)

	Usage Levels (%)
Semolina flour - Bob's Red Mill	28.65
All-purpose bleached enriched white flour	28.65
Water	26.30
Whey protein concentrate 80	13.20
Vegetable oil	3.20
Total	100.00

INGREDIENTS (REDUCED-SODIUM ASIAN SEASONING)

	Usage Levels (%)
Whey permeate (dairy product solids)	60.34
Vegetable broth powder - First Choice Ingredients - BL254R1	18.10
Dried green peas - North Bay Trading Company	6.03
Dried mushrooms - North Bay Trading Company	4.53
Dried onion - North Bay Trading Company	3.02
Dried red bell pepper flakes ¼" - North Bay Trading Company	3.02
Dried garlic, minced - North Bay Trading Company	1.50
Chinese five spice blend - Dynasty	1.50
Salt-free lemon pepper seasoning - Mrs. Dash	1.21
Dried seaweed - Eden Foods	0.75
Total	100.00

BENEFITS OF USING U.S. DAIRY

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
- Contains branched-chain amino acids to support nutrition

Whey permeate

- Provides salty characteristics, so added salt may be reduced
- Simply labeled as dairy product solids
- Adds nutritional value, flavor and body or texture to a formulation

INGREDIENTS (FINISHED UDON NOODLE SOUP)

	Usage Levels (%)
High-protein noodle	24.49
Water	62.04
Reduced-sodium Asian seasoning	13.47
Total	100.00

INGREDIENTS: Water, high-protein noodle (semolina flour, white flour, water, whey protein concentrate, vegetable oil), reduced sodium Asian seasoning broth [dairy product solids, vegetable broth powder (corn syrup solids, salt, tomato powder, dehydrated onion, carrot powder, yeast extract, garlic powder, celery seed, basil bay, natural flavor, turmeric, soybean oil (processing aid), dehydrated parsley), dried peas, dried oyster mushrooms, dried onion, dried red bell pepper flakes, dried garlic, Chinese five spice blend (China cassia, China cumin, coriander, clove, Szechuan pepper, star anise), salt-free lemon pepper seasoning [onion, spices (black pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), garlic, carrot, orange peel, tomato, lemon juice powder, citric acid, oil of lemon], dried seaweed.

Contains: wheat, milk, celery, mustard

Reduced-sodium Protein Udon Soup

PREPARATION

NOODLES:

1. Add (semolina and white) flours and whey protein concentrate into a mixer.
2. Mix 30 seconds on low speed to blend.
3. Add water and oil to the dry ingredients.
4. Mix all ingredients 1 ½ minutes until well mixed.
5. Cover with parchment paper. Let the dough rest 30 minutes.
6. Dust parchment paper with flour if needed. Sheet dough to 2mm thick.
7. Cut dough into 3" length sheets.
8. Cut noodles to 5mm or desired width.
9. Raw noodles may be prepared for immediate use, frozen or dried overnight at room temperature.
10. To cook pasta, place in boiling water for 16 minutes or to desired doneness.

BROTH:

1. Bring 1 ½ cups water to a boil.
2. Pour 33.15g of Reduced-sodium Asian Seasoning into water and whisk thoroughly until all powder is dissolved.
3. Reduce heat to a simmer and stir in 61.7g of High-protein Noodles; simmer for three minutes.
4. Turn off heat and cover, steeping for an additional five minutes.

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts	
Serving Size 245g (1 cup)	
Amount Per Serving	
Calories 280	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Potassium 660mg	19%
Total Carbohydrate 52g	17%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 11g	22%
Vitamin A 20%	• Vitamin C 35%
Calcium 25%	• Iron 15%
Thiamin 30%	• Riboflavin 35%
Niacin 10%	• Folate 20%
Phosphorus 20%	• Magnesium 15%
*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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories	110cal
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	5mg
Total Carbohydrates	21g
Dietary Fiber	1g
Sugars	8g
Protein	5g
Calcium	99mg
Magnesium	20mg
Phosphorus	86mg
Potassium	268mg
Sodium	170mg
Iron	1mg
Vitamin A	363IU
Vitamin C	8mg

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](https://twitter.com/ThinkUSAdairy) www.linkedin.com/company/ThinkUSAdairy

¹5 Food Trends on the Rise. New Hope Network website. <http://www.newhope.com/food-and-beverage/5-food-trends-rise>. Updated November 1, 2016. Accessed May 3, 2017.

²Why Consumers Elect Meat Alternatives. Prepared Foods website. <http://www.preparedfoods.com/articles/119457-why-consumers-elect-meat-alternatives>. Updated February 27, 2017. Accessed May 3, 2017.

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2017 U.S. Dairy Export Council.