

VeggieMoo Dumpling with Reduced Sodium Sauce

Prepare for a global taste adventure with a surprising nutritional bonus. Whether adding variety as an appetizer or versatility to a meal, these vegetable-stuffed dumplings deliver an excellent source of protein. Combining high-quality dairy protein with flour for the dough delivers 22% Daily Value of protein (11 grams). Add a great-tasting sauce that uses whey permeate to boast a 37% sodium reduction, and this Asian sensation is sure to please.*



LOW SODIUM

MARKET INSIGHTS

- Ethnic cuisine is a common meal choice, with 90% of Americans regularly choosing ethnic foods at home or in restaurants.
- Smaller portions for a smaller price are a top menu trend with 72% of chefs considering it a “hot trend,” and including protein can help build a higher protein diet to support satiety.
- 34% of consumers are limiting their salt intake by switching to lower-sodium products.

INGREDIENTS — Dumpling

| | Usage Levels (%) |
|-------------------------------------------------------|------------------|
| Dumpling Dough | 70.38 |
| Flour, all-purpose, white, bleached, enriched, sifted | 37.27 |
| Water, distilled | 28.61 |
| Milk protein concentrate 80 | 4.50 |
| Asian Dumpling Filling | 29.62 |
| Cabbage, fresh, shredded | 8.23 |
| Red bell peppers, chopped | 6.85 |
| Spinach, frozen, chopped | 5.48 |
| Shiitake mushrooms, cooked, chopped | 4.11 |
| Sesame oil | 1.92 |
| Soy sauce, light | 0.96 |
| Onion, spring green, chopped | 0.69 |
| Honey, clover | 0.69 |
| Basil, fresh, chopped | 0.68 |
| Red cayenne pepper | 0.01 |
| Total | 100.00 |

INGREDIENTS: Veggie dumpling: enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, milk protein concentrate, cabbage, red bell pepper, spinach, shiitake mushroom, green onion, sesame oil, soy sauce, honey, basil, cayenne pepper.

Contains: egg, milk, wheat, soy

BENEFITS OF USING U.S. DAIRY

Milk protein concentrate 80

- Adds dairy protein and calcium to boost nutrition
- Provides texture and complementary flavor
- Binds water for functional advantages

Whey permeate

- Provides salty characteristics, so that added salt may be reduced
- Simply labeled as dairy product solids
- Contains minerals such as calcium, phosphorus, magnesium, sodium and potassium
- Economical ingredient option

NUTRITIONAL CONTENT — Dumpling

U.S. Label

Nutrition Facts

Serving Size 4 Dumplings (140g)
Servings Per Container

| Amount Per Serving | | % Daily Value* | |
|---------------------|-----------------------------|---------------------------------------------|------------|
| Calories 250 | Calories from Fat 30 | | |
| | | Total Fat 3.5g | |
| | | | 5% |
| | | Saturated Fat 0g | |
| | | | 0% |
| | | Trans Fat 0g | |
| | | Cholesterol 5mg | |
| | | | 2% |
| | | Sodium 65mg | |
| | | | 3% |
| | | Total Carbohydrate 44g | |
| | | | 15% |
| | | Dietary Fiber 2g | |
| | | | 8% |
| | | Sugars 2g | |
| | | Protein 11g | |
| | | | 22% |
| | | Vitamin A 25% • Vitamin C 30% | |
| | | Calcium 15% • Iron 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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*Contains 37% less sodium than a similar sauce. Sodium has been reduced from 270mg per serving to 170mg per serving.

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PREPARATION

Dough

1. Mix flour and milk protein concentrate 80 together in mixing bowl with dough hook.
2. With mixer running at low speed, slowly pour water into dry ingredients.
3. After water has been incorporated, run mixer and knead for additional 10 seconds; be careful not to overmix.
4. Transfer dough to lightly floured work surface and knead by hand for additional 30 seconds.
5. Dough should be nearly smooth and elastic, slowly bouncing back with a light impression of your finger after gently pressing.
6. Place dough in plastic bag, expel excess air and set aside to rest at room temperature for 15 minutes, or up to two hours.
7. Dough may be refrigerated for one to two days, returning to room temperature before using.
8. While dough is resting, prepare filling and dipping sauce.

Asian dumpling filling

1. Squeeze out all the extra moisture from thawed spinach.

2. Blend sesame oil, soy sauce and honey.

3. Blend all ingredients.

Asian dipping sauce

1. Mix all ingredients together. .
2. Warm slightly to serve; do not cook.

Dumpling Assembly

1. Make dumplings by rolling out 22 grams of dough into 4-inch circle.
2. Place 12 grams of filling on bottom half of rolled-out dough, leaving 1/3 inch of border uncovered.
3. Lightly moisten uncovered bottom-half border with water.
4. Fold top half of dough over filling and seal onto moistened border.
5. Using dough crimper, press sealed border together firmly; be careful not to tear dough. May be frozen for a month.
6. Steam for 16 to 18 minutes; if frozen, 23 to 25 minutes.
7. Serve with sauce.

INGREDIENTS — Dipping Sauce

| | Control (%) | Reduced Sodium (%) |
|---------------------------------------------|---------------|--------------------|
| Soy sauce — naturally brewed Kikkoman | 36.92 | - |
| Soy sauce, light | - | 34.38 |
| Rice vinegar | 36.92 | 34.38 |
| Honey, clover | 10.76 | 10.03 |
| Ginger root, raw | 8.62 | 8.02 |
| Whey permeate (dairy product solids) | - | 6.88 |
| Sesame oil | 3.08 | 2.87 |
| Minced wet garlic | 1.85 | 1.72 |
| Sesame seeds | 1.85 | 1.72 |
| Total | 100.00 | 100.00 |

INGREDIENTS: Asian dipping sauce: soy sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative), rice vinegar, honey, ginger root, dairy product solids, sesame oil, garlic, sesame seed.

Contains: milk, soy, wheat

NUTRITIONAL CONTENT — Dipping Sauce

Control

Nutrition Facts

Serving Size 1 Tablespoon (15g)
Servings Per Container

Amount Per Serving

Calories 20 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 11%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Reduced Sodium

Nutrition Facts

Serving Size 1 Tablespoon (15g)
Servings Per Container

Amount Per Serving

Calories 20 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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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)

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 Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.