

# 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.



14g  
OF  
PROTEIN

GOOD  
SOURCE OF  
CALCIUM

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

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, salt.

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

### Butter

- 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

Nutrition Facts	
Serving Size 2.5 oz (70g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 14g</b>	<b>28%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 8%
*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

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


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## PREPARATION

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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°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.

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](https://www.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.