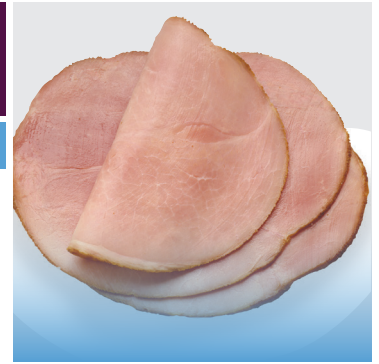


# Restructured 60% Extended Ham with WPC 80



## BENEFITS OF USING U.S. DAIRY

### WPC 80

- WPC80 provides higher cook yields.
- WPC80 provides a juicier ham.

## INGREDIENTS

	Control (%)	WPC 80 (%)
Ham, lean	100.00	00.00
Water	56.00	53.12
Salt	3.30	3.30
Sodium phosphate	0.63	0.63
Erythorbate	0.05	0.05
Sodium nitrite	0.02	0.02
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	<b>0.00</b>	<b>2.88</b>
<b>Total</b>	<b>100.00</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	Control	WPC 80
<b>Calories</b>	150kcal	150kcal
<b>Total Fat</b>	6g	6g
Saturated Fat	2g	2g
Trans Fat	0g	0g
Cholesterol	75mg	70mg
<b>Total Carbohydrates</b>	0g	0g
Dietary Fiber	0g	0g
Sugars	0g	0g
<b>Protein</b>	23g	23g
Calcium	8mg	29mg
Magnesium	28mg	30mg
Phosphorus	462mg	430mg
Potassium	410mg	390mg
Sodium	1660mg	1530mg
Iron	1mg	1mg
Vitamin A	7IU	10IU
Vitamin C	1mg	1mg

## PREPARATION

1. **Heavily macerate the fresh raw ham.**
2. **Add meat and ingredients to tumbler.**
3. **Tumble under vacuum at 10 rpm's for 4 hours.**
4. **Refrigerate for 12-16 hours.**
5. **Stuff under vacuum into pre-stuck fibrous casings.**
6. **Cook in smokehouse to 70°C (158°F) internal temperature about 6-7 hours.**

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.