

# Spicy Chipotle Ranch Yogurt Dip

Turn tradition on its head with this low-fat, savory dip that will take your snacking to the next level. Yogurt headlines a simple, consumer-friendly label. Its creamy texture and complementary flavor blends with spicy chipotle and ranch seasonings to satisfy cravings throughout the day. At just 20 calories per serving, this delicious option is an excellent alternative to more traditional dips.



## MARKET INSIGHTS

- The popularity of yogurt continues to rise, providing more opportunities to leverage the growing category.
- 83% of consumers read the nutrition facts panel and 45% look for foods and beverages with a short list of recognizable ingredients.
- Offering a simple label, this dip fits right into the “less is more” trend resonating with shoppers — pure, natural and simple will be the growing mantra of an increasingly savvy consumer. (NMI, November 2012)

## INGREDIENTS

	Usage Levels (%)
<b>Yogurt, whole milk</b>	<b>53.00</b>
Water	37.00
Sugar	4.00
Danisco GSD 0751 stabilizer	2.70
Salt	1.00
Food Source ranch seasoning	1.00
Kraft Woodfired chipotle 447008984400	0.80
Lemon juice	0.50
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Whole milk yogurt, water, sugar, stabilizer, salt, ranch seasoning, woodfired chipotle-type flavor, lemon juice, lactic acid as needed to adjust pH.

Contains: milk

## BENEFITS OF USING U.S. DAIRY

### Yogurt

- A functional ingredient that delivers nutritional value, flavor and texture
- A desirable consumer food often perceived as less processed

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

Serving Size 2 Tbsp. (29g)

Amount Per Serving

**Calories 20**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

**Saturated Fat 0.5g**      **3%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 170mg**      **7%**

**Total Carbohydrate 2g**      **1%**

**Dietary Fiber 0g**      **0%**

**Sugars 2g**

**Protein 1g**

**Vitamin A 0%**      • **Vitamin C 0%**

**Calcium 2%**      • **Iron 0%**

\*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	Less than	300g	375g
Dietary Fiber		25g	30g

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

### Per 100g

<b>Calories</b>	66kcal
<b>Total Fat</b>	2.5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	7mg
<b>Total Carbohydrates</b>	9g
Dietary Fiber	0g
Sugars	7g
<b>Protein</b>	3g
Calcium	72mg
Magnesium	6mg
Phosphorus	51mg
Potassium	85mg
Sodium	600mg
Iron	0mg
Vitamin A	81IU
Vitamin C	1mg

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## PREPARATION

1. **Mix stabilizer, salt and sugar into the top part of a double boiler and mix well.**
2. **Add the formula water to a container and heat to about 160°F (71°C). Add dry blend and disperse until evenly blended.**
3. **Allow mixture to hydrate for about 30 minutes.**
4. **Blend yogurt, flavoring and lemon juice into the above mixture and adjust pH to 4.0 with lactic acid, if necessary.**
5. **Heat mixture to 194° to 203°F (90° to 95°C) with agitation.**
6. **Cool.**

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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.