

Cream of Broccoli Soup - Control vs. Reduced Sodium

Permeate, with its naturally salty flavor, improves a nutrition label without sacrificing taste. Broccoli soup made with permeate contains 75% less sodium than broccoli soup made with salt — a reduction from 550mg sodium per serving to just 135mg.



INGREDIENTS

	Usage Levels (%)	Reduced Sodium (%)
Low-sodium Chicken Broth	52.70	50.22
Milk, whole	17.71	16.88
Heavy Cream	8.71	8.30
Fresh Broccoli	8.59	8.18
Permeate (milk or whey)	—	5.24
Butter, unsalted	4.29	4.09
Diced Onion	4.29	4.09
All-purpose Flour	3.15	3.00
Salt	0.55	—
Total	100.00	100.00

NUTRITIONAL CONTENT

Control

Nutrition Facts

Serving Size (227g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 200		Calories from Fat 150	
Total Fat 17g		26%	
Saturated Fat 10g		50%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 550mg		23%	
Total Carbohydrate 10g		3%	
Dietary Fiber 1g		4%	
Sugars 3g			

Protein 4g

Vitamin A 25% • Vitamin C 30%
Calcium 8% • Iron 4%

*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

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

Reduced Sodium

Nutrition Facts

Serving Size (227g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 240		Calories from Fat 140	
Total Fat 16g		25%	
Saturated Fat 10g		50%	
Trans Fat 0g			
Cholesterol 50mg		17%	
Sodium 135mg		6%	
Total Carbohydrate 19g		6%	
Dietary Fiber 1g		4%	
Sugars 12g			

Protein 4g

Vitamin A 25% • Vitamin C 30%
Calcium 10% • Iron 4%

*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

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

PREPARATION

1. **Chop onion and broccoli.**
2. **For formula with permeate, add permeate to milk and set aside.**
3. **Saute onion and broccoli in butter for several minutes over medium heat.**
4. **Add flour, stir well and cook several minutes without browning**
5. **Add chicken broth and simmer until all ingredients are tender.**
6. **Puree soup with immersion blender.**
7. **Stir in milk.**
8. **Add cream just before serving.**

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