

Low-Fat Stirred Yogurt



INGREDIENTS


	Usage Levels (%)
Skimmed milk	75.46
Milk, 1% fat	18.87
Cream, 40% fat	2.98
Skimmed milk powder	1.99
Stabilizer	0.70
Culture	as needed
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	60kcal
Total Fat	1.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	5mg
Total Carbohydrates	6g
Dietary Fiber	0g
Sugars	6g
Protein	5g
Calcium	129mg
Magnesium	6mg
Phosphorus	42mg
Potassium	65mg
Sodium	65mg
Iron	0mg
Vitamin A	233IU
Vitamin C	1mg

PREPARATION

1. **Mix all ingredients, except culture.**
2. **Pasteurize at 85-90°C (185-194°F) for 15 seconds or 80-82°C (176-180°F) for 30 minutes. Homogenize at 10-14 MPa (1450-2030 psi).**
3. **Cool to 34-41°C (93-106°F). Inoculate with yogurt cultures until pH is 4.20-4.65.**
4. **Cool to less than 15°C (59°F).**
5. **Stir.**
6. **Package.**
7. **Store refrigerated.**

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. ©2014 U.S. Dairy Export Council.