

# Protein-packed Samosas

East meets West in a savory hybrid of samosas and empanadas. Paneer cheese helps fill these tasty protein-dough bites that pack 11g of protein (22% Daily Value) per serving. High-quality U.S. dairy ingredients like Greek-style yogurt, whey protein, milk permeate and butter round out this snack, which is perfect for any time of day. They're sure to please the palate with a truly international flavor.



11g  
OF  
PROTEIN

EXCELLENT  
SOURCE OF  
PROTEIN

## MARKET INSIGHTS

- Daily snack consumption rises each year as more global consumers (41%) view all-day snacking as an important part of a healthy eating plan.<sup>1</sup> The average number of in-between-meal snacks grew from 1.9 per person, per day in 2010 to 2.8 in 2014 in the United States.<sup>2</sup>
- Dieting to lose weight has declined in the past 10 years. Now, managing weight means achieving a healthier lifestyle by improving food and beverage choices. In the past year, 32% of consumers tried at least one dieting approach to manage their weight.<sup>3</sup>
- The demand for high-protein foods and beverages has gone mainstream, largely due to increased knowledge and the new varieties of protein sources. When reading product labels, 33% of consumers said protein is an ingredient of concern, and almost 25% said products with high-protein claims have a high influence on their purchasing decisions.<sup>4</sup>

## INGREDIENTS (CRUST)

	Usage Levels (%)
<b>Greek yogurt, nonfat</b>	<b>34.71</b>
Whole wheat flour	26.03
Enriched white flour	17.35
<b>Butter, unsalted</b>	<b>10.85</b>
<b>Whey protein isolate</b>	<b>8.68</b>
Wheat gluten	2.17
<b>Milk permeate (dairy product solids)</b>	<b>0.22</b>
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Nonfat Greek yogurt (cultured pasteurized nonfat milk), whole wheat flour, enriched white flour, butter, whey protein isolate, wheat gluten, dairy product solids

Contains: milk, wheat

## BENEFITS OF USING U.S. DAIRY

### Greek-style yogurt

- A functional ingredient that delivers nutritional value, flavor and texture

### Paneer cheese

- One of more than 600 amazing varieties of U.S.-produced cheeses
- Creates added flavor and texture while contributing to protein content

### Butter

- Provides a delicious and authentic flavor

### Whey protein isolate

- High-quality, complete protein naturally found in milk that can be used to boost the protein content of foods
- Neutral flavor complements the food to which it is added
- Water-binding properties help retain moisture

### Milk permeate

- Improves surface browning while providing a clean dairy flavor
- Can provide salty characteristics so that added salt may be reduced
- Simply labeled as dairy product solids

## INGREDIENTS (FILLING)

	Usage Levels (%)
<b>Paneer cheese</b>	<b>44.47</b>
Potatoes	43.70
Carrots	7.73
Safflower oil	2.71
Salt	0.43
Ground cumin seeds	0.43
Ground cilantro seeds	0.21
<b>Milk permeate (dairy product solids)</b>	<b>0.15</b>
Cayenne pepper	0.08
Seasoning, Southwest chipotle	0.05
Curry powder	0.04
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Paneer cheese (pasteurized reduced fat milk, acetic acid and lactic acid), potatoes, carrots, safflower oil, ground cumin seeds, salt, ground cilantro seeds, dairy product solids, cayenne pepper, chipotle seasoning, curry powder (black and white peppercorns, cloves, cinnamon, cardamom, nutmeg, bay leaf)

Contains: milk

# Protein-packed Samosas

## PREPARATION

1. Preheat convection oven to 330°F (165°C).
2. Combine all the dry ingredients for the crust (whole wheat flour, white flour, wheat gluten, whey protein isolate, permeate).
3. Add butter in small chunks to dry ingredient mixture.
4. Combine Greek yogurt with the dry ingredient mixture.
5. Knead the dough until smooth. Set aside.
6. Boil potatoes until tender.
7. Peel drained potatoes and mash until texture is coarse.
8. Heat oil in a skillet over low heat; add ground cilantro seeds, ground cumin seeds, curry powder, salt, cayenne pepper; add finely cut carrots, cubed paneer cheese and mashed potatoes. Mix thoroughly.
9. Roll 32 to 33 grams of dough into a circular shape (~6" or 15 cm diameter) and cut it into two halves.
10. Fold corners to form a triangle shape shell and fill with 28 grams of paneer and potato mix.
11. Wet the edges with a drop of water and pinch them to seal the pocket.
12. Arrange on a baking sheet.
13. Bake in the preheated oven for 17 minutes.
14. Serve warm.

## NUTRITIONAL CONTENT

### U.S. Label

Nutrition Facts	
Serving Size 2 samosas (85g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 11g</b>	<b>22%</b>
Vitamin A 20%	Vitamin C 6%
Calcium 4%	Iron 6%
*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>	228cal
<b>Total Fat</b>	11g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	32mg
<b>Total Carbohydrates</b>	21g
Dietary Fiber	2g
Sugars	1g
<b>Protein</b>	13g
Calcium	38mg
Magnesium	24mg
Phosphorus	75mg
Potassium	167mg
Sodium	138mg
Iron	1mg
Vitamin A	1030IU
Vitamin C	4mg

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<sup>1</sup>State of the Snack Food Industry. [https://www.iriworldwide.com/en-US/insights/Publications/State-Of-the-Snack-Food-Industry-\(1\)](https://www.iriworldwide.com/en-US/insights/Publications/State-Of-the-Snack-Food-Industry-(1)). Published March 2015.

<sup>2</sup>A. Elizabeth Sloan. The Top Ten Food Trends. International Food Technology website. <http://www.ift.org/food-technology/past-issues/2015/april/features/the-top-ten-food-trends.aspx?page=viewall>. Updated April 2015.

<sup>3</sup>Changing Times in Weight Management. Food Processing website. <http://www.foodprocessing.com/articles/2016/changing-times-in-weight-management/>. Updated March 28, 2016.

<sup>4</sup>Judie Bizzozero. Trends Driving Growth in the Protein Sector. Natural Products Insider website. <http://bit.ly/244OVvG>. Updated October 16, 2015.

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. ©2016 U.S. Dairy Export Council.