

# Chocolate Chip Cookies - Control vs. Reduced Sodium

Enhance a nutrition label without sacrificing taste, using the naturally salty flavor of delactosed permeate. Chocolate chip cookies made with delactosed permeate contain 33% less sodium than cookies made with salt — a reduction from 150mg sodium per serving to just 100mg.



LOW SODIUM

## INGREDIENTS

	Usage Levels (%)	Reduced Sodium (%)
Chocolate Chips	26.00	26.00
Flour	24.15	25.80
<b>Butter</b>	<b>17.47</b>	<b>17.50</b>
<b>Delactosed Permeate</b>	<b>—</b>	<b>11.00</b>
White Sugar	11.05	—
Brown Sugar	10.06	10.00
Eggs	7.86	8.50
<b>Nonfat Dry Milk, high heat</b>	<b>2.14</b>	<b>0.50</b>
Salt	0.54	—
Baking Soda	0.43	0.40
Vanilla Extract	0.30	0.30
<b>Total</b>	<b>100.00</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

### Control

### Nutrition Facts

Serving Size (30g)  
Servings Per Container

Amount Per Serving

**Calories 140**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 4.5g    **23%**

Trans Fat 0g

**Cholesterol 25mg**    **8%**

**Sodium 150mg**    **6%**

**Total Carbohydrate 19g**    **6%**

Dietary Fiber 1g    **4%**

Sugars 12g

**Protein 2g**

Vitamin A 4%    •    Vitamin C 0%

Calcium 0%    •    Iron 2%

\*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 (30g)  
Servings Per Container

Amount Per Serving

**Calories 140**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 4.5g    **23%**

Trans Fat 0g

**Cholesterol 25mg**    **8%**

**Sodium 100mg**    **4%**

**Total Carbohydrate 18g**    **6%**

Dietary Fiber 1g    **4%**

Sugars 11g

**Protein 2g**

Vitamin A 4%    •    Vitamin C 2%

Calcium 4%    •    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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

## PREPARATION

1. Cream the butter, brown sugar, dry milk and salt (control), or delactose permeate (reduced sodium), at medium speed.
2. Slowly add the eggs and vanilla until uniformly mixed.
3. Add the flour and baking soda. Don't overmix.
4. Add chocolate chips. Don't overmix.
5. Bake at 375°F for 10 minutes. Cool.

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 at the Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.