

# Sweet and Savory Butternut Squash

Who says savory and delicious has to be high in sodium? Thanks to the addition of permeate, this vegetable-base butternut squash soup contains 32% less sodium than a similar soup made with higher levels of salt.\* Consumers who are paying more attention to their sodium intake these days will welcome it as a perfect choice.



LOW SODIUM

## MARKET INSIGHTS

- Americans are consuming more sodium than what is recommended.
- Consumers are paying more attention to food and beverage labels, looking for more recognizable ingredients.
- Aging consumers are increasingly turning to healthier food choices to help maintain an active lifestyle.

## INGREDIENTS

	Control (%)	Reduced Sodium (%)
Squash, butternut, cooked, mashed and frozen	52.42	50.69
Vegetable broth, low sodium	30.89	30.03
Apples, fresh, chopped	9.62	9.30
Onion, fresh, chopped	5.40	5.22
<b>Whey permeate (dairy product solids)</b>	—	3.31
Olive oil, extra virgin	1.20	1.16
Salt, table	0.38	0.20
Curry powder	0.07	0.07
White pepper	0.02	0.02
<b>Total</b>	<b>100.00</b>	<b>100.00</b>

INGREDIENTS: Butternut squash, vegetable broth ([onion, celery, carrots, mushrooms, red pepper], natural flavor, tomato paste), apples, onion, dairy product solids, extra virgin olive oil, salt, curry powder, pepper.

Contains: milk

## BENEFITS OF USING U.S. DAIRY

### Permeate

- Provides salty characteristics, so that salt may be reduced to lower overall sodium content
- Simply labeled as dairy product solids

## NUTRITIONAL CONTENT

### Control

## Nutrition Facts

Serving Size 1 cup (240 ml) (227g)  
Servings Per Container

Amount Per Serving		% Daily Value*
<b>Calories</b> 90	<b>Calories from Fat</b> 25	
<b>Total Fat</b> 3g <b>5%</b>		
Saturated Fat 0g <b>0%</b>		
Trans Fat 0g		
<b>Cholesterol</b> 0mg <b>0%</b>		
<b>Sodium</b> 380mg <b>16%</b>		
<b>Total Carbohydrate</b> 17g <b>6%</b>		
Dietary Fiber 5g <b>20%</b>		
Sugars 3g		
<b>Protein</b> 2g		
Vitamin A 80%	• Vitamin C 10%	
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

### Reduced Sodium

## Nutrition Facts

Serving Size 1 cup (240 ml) (227g)  
Servings Per Container

Amount Per Serving		% Daily Value*
<b>Calories</b> 110	<b>Calories from Fat</b> 25	
<b>Total Fat</b> 3g <b>5%</b>		
Saturated Fat 0g <b>0%</b>		
Trans Fat 0g		
<b>Cholesterol</b> 0mg <b>0%</b>		
<b>Sodium</b> 260mg <b>11%</b>		
<b>Total Carbohydrate</b> 22g <b>7%</b>		
Dietary Fiber 4g <b>16%</b>		
Sugars 9g		
<b>Protein</b> 2g		
Vitamin A 80%	• Vitamin C 10%	
Calcium 6%	• 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
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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4


\*Contains 32% less sodium than a similar soup formulation. Sodium has been reduced from 380mg per serving to 260mg per serving.

# Sweet and Savory Butternut Squash Soup

## PREPARATION

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1. **Cut squash, apple and onion into 1-inch cubes. Place on sheet pan and toss with olive oil, salt and pepper.**
2. **Roast squash, apple and onion for 30 to 35 minutes, turning occasionally until tender.**
3. **Meanwhile, heat vegetable broth to a simmer and whisk in permeate.**
4. **Combine vegetables and enough broth to puree. This may be done in multiple iterations.**
5. **Return to pot and add enough broth for desired consistency. Add seasonings.**
6. **Serve topped with a dollop of plain yogurt.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in 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 specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.