

Low-Fat Pork Sausage



INGREDIENTS

	Control (%)	WPC 34 (%)
Pork, 98% lean	40.00	40.00
Water	27.50	23.50
Back fat	20.00	0.00
Bread crumbs	10.00	10.00
Seasonings	1.50	1.50
Phosphates	1.00	1.00
Pre-formed gel*	0.00	20.00
Starch	0.00	3.00
Total		100.00
*Pre-formed gel		100.00
Water		90.50
Whey protein concentrate, 34% protein (WPC 34), high-gel		8.00

NUTRITIONAL CONTENT


Per 100g	Control	WPC 80
Calories	310kcal	200kcal
Total Fat	24g	3.5g
Saturated Fat	9g	1g
Trans Fat	0g	0g
Cholesterol	40mg	35mg
Total Carbohydrates	10g	23g
Dietary Fiber	1g	1g
Sugars	1g	3g
Protein	14g	21g
Calcium	132mg	223mg
Magnesium	17mg	29mg
Phosphorus	283mg	441mg
Potassium	270mg	410mg
Sodium	320mg	590mg
Iron	2mg	3mg
Vitamin A	5IU	2IU
Vitamin C	0mg	0mg

PREPARATION

1. **Thoroughly mix and place in an impermeable bag.**
2. **Heat in a steam oven at 80°C (176°F) for 2 hours.**
3. **Cool to 4°C (39°F) and hold 16 hours.**
4. **Cut into 3 cm (1") cubes.**

Preparation of Sausage

1. **Place meat (minced through a 12 mm plate (0.5"), water, seasonings and starch in a bowl chopper, and chop 1.5 minutes).**
2. **Add diced preformed gel (back fat for control) and chop for an additional 1.5 minutes.**
3. **Add bread crumbs and chop another 1.5 minutes.**
4. **Stuff into casings.**

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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.