

Mango Chutney Cottage Cheese Dip

Spice up your snacks with this flavorful cottage cheese dip. A blend of mango chutney, curry spice powder and high-quality U.S. dairy ingredients, including cottage cheese and milk protein isolate, provides a surprising thrill for the taste buds. Plus, it's 50 calories per serving, with recognizable ingredients, making it a clean-label option for a unique dipping experience.



50
CALORIES
PER
SERVING

CLEAN
LABEL
FRIENDLY

MARKET INSIGHTS

- Clean and clear labels are an important part of the transparency trend and are sought out by consumers. More than 82% of global consumers said ingredient transparency is an important factor when shopping for food and beverages. Specifically, 60% of global consumers avoid preservatives, artificial colorants and artificial sweeteners.¹
- U.S. consumers are developing a taste for international cuisine. The bold, unique flavors are creating a desire for new flavor combinations in traditional and international foods. A trend called “blends with benefits” has been forecasted for 2016. This trend involves herbs and spices blended with sweet, zesty flavors.²
- Flavor innovation is rising as consumers' interest in complex flavor combinations continues to grow and diversify the cultured dairy category. For dips, companies are increasing attraction by adding more spicy and bitter flavors to the mix to reposition their products through unique taste profiles.³

INGREDIENTS

| | Usage Levels (%) |
|-------------------------------|------------------|
| Cottage cheese, 2% fat | 53.00 |
| Mango chutney, hot | 45.00 |
| Milk protein isolate | 1.00 |
| Cayenne pepper | 0.50 |
| Spices, curry powder mix | 0.50 |
| Total | 100.00 |

INGREDIENTS: Low-fat cottage cheese (cultured skim milk, cream, salt, vitamin A palmitate), hot mango chutney (sugar, mango, salt, spices, acetic acid, paprika, garlic, dried chili peppers), milk protein isolate, spices (cayenne pepper, curry powder).

Contains: milk

BENEFITS OF USING U.S. DAIRY

Cottage Cheese

- Creates added taste appeal while helping to contribute to protein content
- Cheese flavor and functionality can be tailored to specific applications

Milk Protein Isolate

- Adds U.S. dairy protein, calcium, magnesium and phosphorus to boost nutrition, which may reduce the need for additional fortification
- Provides protein enhancement and a complementary and clean dairy flavor without adding significant levels of lactose
- Offers emulsification, foaming and whipping, heat stability and water-binding characteristics

NUTRITIONAL CONTENT

U.S. Label

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 2 tbsp. (34g) | |
| Amount per Serving | |
| Calories 50 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 2mg | 1% |
| Sodium 260mg | 11% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 0g | 0% |
| Sugars 10g | |
| Protein 2g | 4% |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 2% | Iron 0% |
| *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 |
| Sat 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

| | |
|----------------------------|------------|
| Calories | 156kcal |
| Total Fat | 1g |
| Saturated Fat | 1g |
| Trans Fat | 0g |
| Cholesterol | 5mg |
| Total Carbohydrates | 30g |
| Dietary Fiber | 0g |
| Sugars | 30g |
| Protein | 7g |
| Calcium | 72g |
| Magnesium | 7mg |
| Phosphorus | 95mg |
| Potassium | 65mg |
| Sodium | 765mg |
| Iron | 0.2mg |
| Vitamin A | 306mg |
| Vitamin C | 0.4mg |

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PREPARATION

1. Blend all the dry ingredients with mango chutney and mix it well.
2. Warm in the microwave for 30 seconds with intermittent mixing.
3. When cool, blend in a blender or food processor.
4. Add cottage cheese and blend to desired smoothness.
5. Store refrigerated in a sealed container before serving.
6. Garnish optional.

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**, 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

¹ Natural Products Insider. From trend to standard: clean-label foods and beverages. <http://www.naturalproductsinsider.com/digital-issues/2016/01/clean-labels.aspx>. Published January 2016; Innova Market Insights, Innova food and beverage innovation. <http://www.innovadatabase.com/>. Published December 2015.

² Finding a flavor partner. Food Business News website. http://www.foodbusinessnews.net/articles/news_home/Supplier-Innovations/2016/01/Finding_a_flavor_partner.aspx?ID=%7B2EED0A0D-8111-4A3F-9F95-4FC57AEC80C5%7D. Updated Jan. 12, 2016.

³ Kennedy S. Savory flavors are trends in the cultured dairy market. *Dairy Foods*. April 5, 2016. <http://www.dairyfoods.com/articles/91704-savory-flavors-are-trends-in-the-cultured-dairy-market?v=preview>. Accessed June 28, 2016.

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 Institute for Dairy Ingredient Processing at South Dakota State University. ©2016 U.S. Dairy Export Council.