

# Low-Fat Brownie



## INGREDIENTS

	Bakers (%)	Usage Levels (%)
Flour, all-purpose	100.00	21.00
Sugar, baker's	85.90	18.04
Water	84.76	17.80
Sugar, granulated	83.33	17.50
Shortening	48.81	10.25
Cocoa powder	28.57	6.00
<b>Whey permeate</b>	<b>21.43</b>	<b>4.50</b>
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	<b>7.86</b>	<b>1.65</b>
Egg, white, dried	7.14	1.50
Salt	2.38	0.50
Egg, yolk, dried	1.90	0.40
Modified food starch	1.43	0.30
Vanilla	1.19	0.25
Emulsifier	0.71	0.15
Baking soda	0.38	0.08
Baking powder	0.19	0.04
Monocalcium phosphate (anhydrous)	0.19	0.04
<b>Total</b>		<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	370kcal
<b>Total Fat</b>	13g
Saturated Fat	3.5g
Trans Fat	4g
Cholesterol	10mg
<b>Total Carbohydrates</b>	65g
Dietary Fiber	3g
Sugars	39g
<b>Protein</b>	7g
Calcium	32mg
Magnesium	42mg
Phosphorus	84mg
Potassium	150mg
Sodium	270mg
Iron	2mg
Vitamin A	10IU
Vitamin C	0mg

## PREPARATION

- 1. Cream sugar with shortening and emulsifier at #2 speed in a 3-speed mixer for 3 minutes.**
- 2. Blend the remaining dry ingredients and add them to the sugar and shortening.**
- 3. Mix at #1 speed for 5 minutes.**
- 4. Add the water and mix at #2 speed for 2 minutes, scraping down the bowl after 1 minute.**
- 5. Transfer the batter (~ 475 g (1 lb)) into a 20 x 20 cm (8 x 8") greased baking pan.**
- 6. Bake at 177°C (350°F) for 20-25 minutes.**

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. ©2014 U.S. Dairy Export Council.