

# Low-Carbohydrate Bar: Chocolate



## INGREDIENTS

	Usage Levels (%)
<b>Whey protein isolate (WPI)</b>	<b>30.1</b>
Maltitol syrup	24.8
Shortening, vegetable	14.8
Plum paste	13.2
Milk minerals	5.5
Cocoa powder, Dutched	3.5
Almond meal	3.5
Crystalline sorbitol	1.6
Water	1.5
Oat fiber	0.5
Glycerin	0.5
Sodium polyphosphate	0.3
Salt	0.2
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	430kcal
<b>Total Fat</b>	23g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	0mg
<b>Total Carbohydrates</b>	41g
Dietary Fiber	3g
Sugars	14g
<b>Protein</b>	18g
Sodium	70mg

## PREPARATION

1. **Place dry ingredients in a mixing bowl and dry blend for 30 seconds.**
2. **Add shortening, glycerin and plum paste and mix on the lowest speed for 3 minutes or until evenly mixed.**
3. **Add sodium polyphosphate to formula water to solubilize.**
4. **Pour maltitol syrup, then phosphate solution, over this mixture and mix until the product comes together to form a soft dough (approximately 2 minutes).**
5. **Sheet dough to 10 mm (0.4") thick. Cut into bars 3 x 7 cm (1.2 x 2.8").**
6. **Coat with bittersweet chocolate or low-carb compound coating, removing excess. Place at 5°C (40°F) and allow coating to set.**

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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.