

High-Protein Roll - Control vs. Reduced Sodium

Enhance a nutrition label without sacrificing taste, using the naturally salty flavor of delactosed permeate. A high-protein roll made with delactosed permeate contains 76% less sodium than a similar roll made with salt — a reduction from 150mg sodium per serving to just 35mg.



INGREDIENTS

	Usage Levels (%)	Reduced Sodium (%)
Bread Flour	36.25	31.27
Milk, 2%	14.55	—
Milk, nonfat	—	21.49
Cottage Cheese, 1% fat	14.07	11.24
Whole Wheat Flour	9.68	7.33
Milk Protein Isolate	—	6.06
Butter, unsalted	7.48	5.47
Honey	6.29	4.89
Eggs, whole	5.66	4.69
Rolled Oats	4.55	3.42
Whey Protein Concentrate	—	2.64
Delactosed Permeate	—	0.78
Baker's Yeast	0.89	0.73
Salt	0.58	—
Total	100.00	100.00

NUTRITIONAL CONTENT

Control

Nutrition Facts

Serving Size (50g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 150mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 5g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Reduced Sodium

Nutrition Facts

Serving Size (50g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 35mg **1%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 8g

Vitamin A 2% • Vitamin C 6%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

PREPARATION

1. **Scald milk (140°F), cool to 100°F.**
2. **Dry-blend bread flour, whole wheat flour, oats and yeast.**
3. **Melt butter.**
4. **Combine cottage cheese, egg, honey, salt, butter and milk; add to dry ingredients and mix at low speed with a dough hook for 12 minutes.**
5. **Oil surface and cover. Allow dough to rise until double in size.**
6. **Form 53g pieces into a roll. Cover and let rise 20 minutes.**
7. **Bake at 400°F on parchment paper-covered baking sheets for 13 to 14 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 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. Developed at Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.