

Savory Kimchee-se Pancake

Surprise your taste buds with a bold Korean twist on an American classic. These savory pancakes pack in 24% of the Daily Value for protein (12 grams) and 25% of the Daily Value for calcium with their combination of high-quality U.S. dairy ingredients. Inspired by the popular fermented food trend, this satisfying snack or mini-meal offers a burst of global flavor.



12g
OF
PROTEIN

25% DAILY
VALUE
CALCIUM

MARKET INSIGHTS

- Research shared at the 2014 Food and Nutrition Conference and Expo showed fermented foods to be healthier, tastier, safer and more digestible. (*FoodNavigator-USA*, "FNCE 2014 highlights part one," October 2014)
- The NPD Group said U.S. in-home consumption of better-for-you snack foods is up 14% since 2006 and forecast to grow the fastest of the three mega snack categories: better-for-you, sweet and savory. (The NPD Group, "The future of eating: Who's eating what in 2018," June 2014)
- Consumers are looking for options in their pancake consumption, including organic, gluten-free options with added protein-enrichment benefits. (Innova Market Insights, "Pancake Innovation Is Far From Flat," July 2014)

INGREDIENTS

	Usage Levels (%)
Water	37.60
Kimchee, chopped	23.44
White enriched all-purpose flour	17.05
Monterey Jack pepper cheese	14.16
Scallions, chopped	2.51
Milk protein concentrate 70	2.51
Whey permeate (dairy product solids)	1.88
Sugar	0.60
Salt	0.25
Total	100.00

INGREDIENTS: Water, kimchee (Chinese cabbage, long radish, water, salt, sugar, onion, red pepper, garlic, spices, fish sauce), white enriched all-purpose flour, Monterey Jack pepper cheese, scallions, milk protein concentrate, dairy product solids, sugar, salt.

Contains: fish, milk, shellfish, wheat

BENEFITS OF USING U.S. DAIRY

Cheese

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

Milk protein concentrate 70

- High-quality source of protein that contributes valuable minerals such as calcium, magnesium and phosphorus, which may reduce the need for additional fortification
- Helps build body and texture in baked goods

Whey permeate

- Provides salty characteristics so that added salt may be reduced
- Improves surface browning while providing a clean dairy flavor

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts	
Serving Size 3-4" Pancakes (110g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 440mg	18%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 12g	24%
Vitamin A 10%	Vitamin C 60%
Calcium 25%	Iron 8%
*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
Protein	50g 65g
Calories per gram:	
Fat	9 • Carbohydrate 4 • Protein 4


Per 100g

Calories	190kcal
Total Fat	6g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	18mg
Total Carbohydrates	22g
Dietary Fiber	1g
Sugars	5g
Protein	11g
Calcium	225mg
Magnesium	14mg
Phosphorus	112mg
Potassium	120mg
Sodium	400mg
Iron	1mg
Vitamin A	470IU
Vitamin C	32mg

Savory Kimchee-se Pancake

PREPARATION

1. Place the kimchee in a colander and squeeze out excess liquid prior to measuring.
2. Chop the kimchee and coarsely shred cheese.
3. Place all ingredients in a bowl and blend, careful not to overmix.
4. Pour 1/4 cup of the batter per pancake on a lightly greased nonstick pan over medium heat.
5. Cook three to four minutes on each side.
6. Serve warm.

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

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 Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2015 U.S. Dairy Export Council.