

Lower-Carb Apple Cranberry Muffin



INGREDIENTS

	Usage Levels (%)
Water	18.43
Butter	14.91
Whey protein concentrate, 80% protein (WPC 80)	8.13
Tagatose	7.59
Gluten, wheat	7.18
Starch, modified	6.23
Polydextrose	5.42
Flour, whole wheat	5.08
Cranberries, dried	4.88
Apples, dried	4.07
Baking powder	4.07
Oat fiber	4.06
Wheat bran	3.66
Gum, arabic	2.71
Flavor, natural	1.35
Emulsifier, mono-diglycerides	0.65
Cinnamon	0.54
Sodium bicarbonate	0.54
Salt	0.30
Sucralose	0.18
Total	100.00

BENEFITS OF USING U.S. DAIRY

Whey Protein Concentrate 80 (WPC 80)

- Provides clean flavor and aroma
- Adds to sensory perception of moistness
- Contributes to the overall nutritional profile of the product by providing a high-quality protein with all the amino acids required for a healthy diet, in a readily digestible form

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (55g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4g	19%
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	23%
Sugars 2g	
Sugar Alcohol 5g	
Protein 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 8%	Iron 4%
*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 60g
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. **Mix together dry ingredients. Set aside.**
2. **Melt butter. Add liquid ingredients to dry ingredients.**
3. **Mix batter until just moistened. Do not over mix.**
4. **Bake at 190°C (375°F) for 15-20 minutes.**

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](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. ©2015 U.S. Dairy Export Council.