

# Lower-Carb Quesadilla with WPI



## INGREDIENTS

	Usage Levels (%)
<b>Lower-Carb Tortilla</b>	<b>100.00</b>
Water, 32° to 37°C (90° to 100°F)	34.45
Flour, bread	27.50
Fiber, oat	11.63
Inulin HP	7.55
Oil, vegetable	6.04
<b>Whey protein isolate (WPI)</b>	<b>5.77</b>
Wheat protein isolate	3.25
PZ-44 (dough conditioner)	0.80
Salt	0.71
Sodium bicarbonate (tortilla blend)	0.53
Sodium aluminum phosphate	0.53
Xanthan gum	0.53
Citric acid	0.29
Fumaric acid	0.18
Potassium sorbate	0.12
Calcium propionate	0.12
<b>Cheese Filling</b>	<b>100.00</b>
<b>Monterey jack, habanero pepper</b>	<b>80.00</b>
<b>Cheddar, mild</b>	<b>20.00</b>

## BENEFITS OF USING U.S. DAIRY

### Whey Protein Isolate (WPI)

- Enhances flavor and aroma.
- Increases moisture.
- Promotes gelation.
- Stabilizes fat through emulsification.
- Contributes to a rich, golden-brown color.

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

<b>Serving Size (45g) (2-6" tortillas)</b>	
<b>Servings Per Container</b>	
<b>Amount Per Serving</b>	
<b>Calories 120</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	4%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber less than 1 gram	3%
Sugars 0g	
<b>Protein 3g</b>	
Vitamin A 0%	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	

## PREPARATION

### Tortilla

1. Place all dry ingredients in the mixer bowl of a stand-up mixer and mix together on the lowest speed for 1 minute.
2. Pour oil over dry ingredients and mix for 1 minute on speed 1, until oil is evenly distributed.
3. Add warm water and mix for 1 minute at the lowest speed and 2 minutes at medium speed.
4. Divide dough into 38 g (1.3 oz) balls and rub lightly with oil. Cover and allow to rest for 10 minutes.
5. Press dough balls between sheets of parchment paper sprayed with cooking oil and sheet to a final thickness of 1 mm using a dough sheeter.
6. Peel off top parchment sheet and cut tortilla dough with a 15 cm (6") round tortilla cutter.
7. Bake in tortilla press for 10 seconds on one side, turning if necessary.

# Lower-Carb Quesadilla with WPC 80

## PREPARATION

### *Cheese Filling*

1. **Grate each of the cheeses separately.**
2. **Measure out individual cheeses, according to chosen batch size.**
3. **Toss gently with fork until evenly mixed.**
4. **Use approximately 1/2 cup of cheese blend to cover a 15 cm (6") tortilla. Cover with the other tortilla.**
5. **Warm in a frying pan or microwave 10 seconds, or until cheese is melted.**

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](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 specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2015 U.S. Dairy Export Council.