

# Chocolate Brownie with Deproteinized Whey



An economical source of dairy solids, deproteinized whey also contributes sweet and salty flavors to this bakery classic, permitting reduced sodium and sugar content.

Ingredient	Usage Level (%)
Sucrose	28.90
<b>Butter, Salted</b>	<b>20.20</b>
Egg, Whole, Liquid	19.05
Flour, All-Purpose	16.00
Baking Chocolate, Unsweetened	10.10
<b>Deproteinized Whey</b>	<b>5.10</b>
Vanilla Extract	0.50
Salt	0.10
Potassium Sorbate, Powder	0.05
<b>TOTAL</b>	<b>100.00 %</b>

## Preparation:

1. Melt the chocolate and butter together. Set aside.
2. Mix together the dry ingredients.
3. Combine the egg and vanilla extract. Add this to the dry ingredients and mix well.\*
4. Blend in the chocolate/butter mixture and mix well.
5. Pour the batter into a baking dish. Bake at 350°F for 35 minutes.

\*For a moister texture, water may be added at 5%.

Developed at the Dairy Products Technology Center, California Polytechnic State University, San Luis Obispo, Calif. © 2006 Dairy Management Inc.™ *Note: This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs.*

## Market Insights:

- The average American consumes nearly 10 times more sodium per day than required.
- Diets high in sodium have been linked to elevated blood pressure, a condition that affects about one-third of all Americans.
- Deproteinized whey in baked goods can help reduce sodium content.

## Benefits of Using Dairy Ingredients:

### Butter:

- Adds incomparable butter flavor.
- Contributes to uniform, tender texture.

### Deproteinized Whey:

- Blends well with many food flavors.
- Allows for reduced sodium and sugar content.
- Provides an economical source of dairy solids.
- Contributes body/texture and pleasing mouthfeel.

Nutrition Facts	
Serving Size (40g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
<b>Saturated Fat 6g</b>	<b>31%</b>
<b>Cholesterol 50mg</b>	<b>16%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber less than 1 gram <b>3%</b>	
Sugars 12g	
<b>Protein 2g</b>	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	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 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	