



Savory Italian Protein Ball

The protein ball provides 10 grams of protein per serving and only .5 grams of fat per serving compared to a meatball that has 12 grams of fat per serving.

The protein ball has many flavor possibilities and can be served as an appetizer or used in a pasta dish to add lean protein to a meal.

Formulation:

Ingredient	% Usage
Water	62.92
Whey Protein Concentrate 80	15.38
Green Bell Peppers, chopped	3.06
Onions, chopped	3.06
Celery, chopped	3.06
Mushrooms, chopped	3.06
Bread Crumbs	2.80
Starch	2.45
Bulgur	1.75
Garlic powder	0.52
Onion powder	0.52
Garlic, chopped	0.44
Parsley, chopped	0.26
Caramel Color	0.19
Chives, chopped	0.13
Basil, chopped	0.13
Oregano, chopped	0.13
Natural Beef Flavor	0.08
Black Pepper	0.07
Total	100.00

Procedure:

1. Pre- heat oven to 250 degrees Fahrenheit.
2. Hydrate whey protein concentrate 80 with water, with constant agitation at room temperature.
3. Mix in Starch.
4. Chop all vegetables.
5. Mix all ingredients and spices into the whey protein concentrate solution and starch.
6. Let solution hydrate 20 minutes.
7. Grease a 4 inch deep baking pan. Pour solution into baking container.
8. Cook product until a semi solid gel has formed. Approximately 50 minutes, depending on batch size.
9. Cool and scoop balls into desired size.
10. Grill or brown on a stove top.
11. Optional -Serve with spaghetti sauce and parmesan cheese.

Nutrition Information:

Nutrition Facts			
Serving Size (70g)			
Servings Per Container			
Amount Per Serving			
Calories 70		Calories from Fat 5	
% Daily Value*			
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 130mg		5%	
Total Carbohydrate 7g		2%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 10g			
Vitamin A 15%		Vitamin C 8%	
Calcium 4%		Iron 2%	
*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			

Nutrition Facts are reflective of baked product

Benefits of Using Dairy Ingredients:

Whey protein concentrate 80

- Provides textural characteristics
- Helps prevent moisture loss
- Contains branch-chained amino acids to support nutrition

Market Insights:

- The \$90 billion-plus snacking industry continues to grow, providing an enormous opportunity for new product innovations.
- Dairy protein is a great alternative for the nearly one-third of U.S. consumers who indicate they are trying to regularly make an effort to have a meatless meal.
- Nearly one-quarter of consumers check for "protein" most often when they read the labels of food and beverage packages.