



# Wheyvos Rancheros!

A healthy breakfast choice without the high cholesterol. A great way to stay heart healthy while enjoying a classic breakfast that provides as much protein as an egg.

## Formulation:

Ingredients	Usage Level (%)
Whey Protein Concentrate 80	16.00
Water	75.58
Whole Milk	7.50
Yellow Color	0.36
Egg Flavor	0.03
Starch	0.52
Total	100.0

## Procedure:

### Mix Preparation

- Hydrate whey protein concentrate with water and milk for 30 minutes with constant agitation, at room temperature.
- Mix in starch, color and flavor with a high shear mixer.
- Heat the skillet on medium-hi, spray with ¼ tsp of oil or spray with PAM.

### Cooking Preparation

- Pour 1 ½ cups of mixture into a 13 inch pan enough mixture to cover the surface of the pan with ½ inch of liquid.
- Cook the product until the center is cooked, about 5 minutes.
- Sprinkle shredded cheese in the center, fold over and serve with salsa.

## Nutritional Information:

<b>Nutrition Facts</b>	
Serving Size (50g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
*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 uncooked product and do not include the cheese and salsa

## Benefits of using Dairy Ingredients

### Whey Protein Concentrate 80

- Boosts protein content and is easily digested by the body
- Provides functional gel properties enhance providing a texture similar to egg

### Whole Milk

- Adds a dairy note and enhances the color

## Market Insights

- Consuming higher protein levels at breakfast can help achieve a higher protein diet overall
- Diets higher in protein have been shown to help curb appetite
- More than two thirds of consumers are interested in products with a satiety benefit
- Foods made with dairy are desirable to consumers and are perceived as natural and wholesome