

Red Bean High Protein Mooncakes

Best paired with a cup of Chinese tea, enjoy these seasonal treats that are high in protein content.

INGREDIENTS

	Quantity (g)	Usage Level
Sweetened Red Bean Paste	81.40	45.23
Isomaltooligosaccharide (Powder)	16.30	9.05
Coconut Oil	12.20	6.78
U.S. Whey Protein Isolate	44.80	24.88
U.S. Whey Crisps	16.30	9.05
Glycerin	8.10	4.52
Red Bean Flavor	0.81	0.45
Salt	0.90	0.05
Total	180.81	100

TIPS

- Can be used to make into a high protein snack bar

PREPARATION

- Add red bean paste, Isomaltooligosaccharide powder, coconut oil, glycerin, red bean flavor and salt to a mixing bowl; mix well for 1 to 2 minutes.
- Add whey protein isolate and mix for about 1 minute or until most of the powder is incorporated.
- Add the whey crisps and mix until dough is uniformed and crisps evenly distributed, about 1 minute. Do not over-mix.
- For small scale batches, use a standard kitchen mixer with a standard mixing blade. For very small batches, mix by hand with a bowl and spoon.
- Divide dough into portions of 60g each and place them firmly into a mooncake mould.



BENEFIT OF USING U.S. DAIRY

- Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body

NUTRITIONAL CONTENT

Per 100g	
Calories	322kcal
Total Fat	8g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	34mg
Total Carbohydrates	38g
Dietary Fiber	8g
Sugars	18g
Protein	29g
Calcium	423mg
Magnesium	27.8mg
Phosphorus	218mg
Potassium	338mg
Sodium	150mg
Iron	1mg
Vitamin A	0IU
Vitamin C	0mg

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