

# Low-Fat Bakery Custard (Flan Style)



## INGREDIENTS


	Usage Levels (%)
Skimmed milk	69.44
Water	18.99
Sucrose	5.83
Whey protein concentrate, 80% protein (WPC 80), high-gelling	3.80
Starch	1.02
Vanilla	0.64
Salt	0.28
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
Calories	70kcal
<b>Total Fat</b>	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	5mg
<b>Total Carbohydrates</b>	11g
Dietary Fiber	0g
Sugars	9g
<b>Protein</b>	5g
Calcium	99mg
Magnesium	5mg
Phosphorus	8mg
Potassium	20mg
Sodium	150mg
Iron	0mg
Vitamin A	144IU
Vitamin C	0mg

## PREPARATION

1. **Mix a small amount of water with WPC 80 to make a paste. Slowly add remaining water and set aside for 30-40 minutes.**
2. **Scald the skimmed milk and cool to about 60°C (140°F).**
3. **Add milk and other ingredients to whey protein solution.**
4. **Add mixture to custard cups and cover.**
5. **Place cups in trays with hot water and bake at 177°C (350°F) for 45 minutes.**
6. **Cool and store at 4°C (40°F) until consumed.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for 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 specification needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.