

Marshmallows with Lactose (Egg Albumin)



INGREDIENTS

	Grams	Usage Levels (%)
Part 1		
Water	600	5.3
Gelatin	200	1.8
Egg albumin	25	0.2
Part 2		
Sucrose	4,500	39.7
Water	1,500	13.3
Glucose syrup	1,000	8.8
Lactose	500	4.4
Part 3		
Glucose syrup	3,000	26.5
Total		100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	300kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	82g
Dietary Fiber	0g
Sugars	81g
Protein	2g
Calcium	2mg
Magnesium	1mg
Phosphorus	0mg
Potassium	0mg
Sodium	10mg
Iron	0mg
Vitamin A	0IU
Vitamin C	0mg


BENEFITS OF USING U.S. DAIRY

Lactose

- Improved shelf life
- Low density
- Improved whip

PREPARATION

1. Soak gelatin and egg albumin for at least 30 minutes in the water as specified (part 1).
2. Place the sucrose, lactose and glucose syrup stated in part 2 in a cooking kettle, along with the water specified and cook until all sugars are dissolved or to 232°F (111°C).
3. Place glucose syrup from part 3 in a mixing bowl with whip attachment, add 2/3 of mixture from part 2 and combine.
4. To the remaining 1/3 of part 2, add and dissolve the gelatin/protein mixture (part 1).
5. Increase mixer speed and slowly add gelatin syrup mixture to parts 2 & 3. Whip until batch is light and fluffy; approximately 3-4 minutes or until peaks hold.
6. Cast onto siliconized paper and allow to set overnight. Cut with oiled knife or wire. Enrobe promptly.

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 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. ©2014 U.S. Dairy Export Council.