

Protein Mango Pudding Premix

With a delectably refreshing fragrance, indulge in this protein-enhanced and reduced sugar dessert. Filled with luscious tropical flavours, this recipe is an easy and refreshing treat.



INSTANT DESSERT PREMIX (IN READY-TO-MIX POUCH)

Ingredients	Wt (g)
U.S. Whey Protein Isolate	53
U.S. Skimmed Milk Powder	32
Gelatin powder	6
Sucralose	0.05
Fine sugar	13
Mango flavouring	2
Beta carotene powder	2
Total	108

Preparation of Instant Mix

1. Pour all ingredients into a bowl and mix well.
2. Pack into a pouch or other packaging as desired. Seal tightly.

Direction For Use (For Consumers)

1. Pour premix into a small saucepan.
2. Add 500 ml of water and mix well.
3. Stir gently over medium heat until the mixture starts to simmer. Do not heat above 75°C. Remove from heat.
4. Pour mixture into 4 pudding cups, about 150 g per cup. Refrigerate till set.
5. Serve chilled.

NUTRITION CONTENT

	Serving per package: 4 cups	Serving size per cup: 150 g
	Per Serving	Per 100g
Energy	97.0 kcal	64.0 kcal
Protein	15.8 g	10.4 g
Total Fat	0.3 g	0.2 g
Saturated Fat	0.1 g	0.1 g
Trans fat	0 g	0 g
Cholesterol	2.0 mg	2.0 mg
Total Carbohydrate	8.0 g	5.3 g
Sugar	7.5 g	4.9 g
Dietary Fibre	0 g	0 g
Sodium	69.0 mg	46.0 mg
Calcium	111.8 mg	73.6 mg
Potassium	136.6 mg	89.9 mg
Iron	0 mg	0 mg
Vitamin D	0 µg	0 µg



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