

## Five Spice Adobo French Fries

*U.S. permeate brings out the flavor in this aromatic blend of Chinese five-spice and Filipino adobo seasoning. Sprinkle on crispy fries for a comforting twist on a classic treat.*



## FIVE SPICE ADOBO SEASONING

Ingredients	Control	With Permeate
	Wt (g)	Wt (g)
<b>U.S. Whey Permeate</b>	-	<b>32.80</b>
<b>Fine Salt</b>	<b>19.20</b>	<b>12.00</b>
Fine Sugar	16.00	14.40
Monosodium Glutamate (MSG)	8.00	8.00
Liquid Soy Sauce Flavour	0.96	0.96
Five Spice Liquid Extract	0.24	0.24
Chicken Flavour Powder	1.28	1.28
Acidulants	2.16	2.16
Soy Sauce Powder	1.20	1.20
<b>Maltodextrin</b>	<b>24.00</b>	-
Herbs & Spices (Garlic, Onion, Black Pepper, Five Spice)	6.96	6.96
<b>Total</b>	<b>80</b>	<b>80</b>

### Preparation

1. Sift salt, sugar, MSG into a mixer.
2. Add liquid extracts into the mixer.
3. Mix at low speed for about 3-5 minutes.
4. Combine remaining ingredients and sift into the mixer. Mix at low speed for about 3-5 minutes until homogenous.
5. Set aside the five spice adobo seasoning for use later.

## FIVE SPICE ADOBO FRENCH FRIES

Ingredients	Wt (g)
Shoestring French Fries	100
Five Spice Adobo Seasoning	6
<b>Total</b>	<b>106</b>

### Preparation

1. Deep fry shoestring French fries at 175°C for 3-5 minutes.
2. Drain excess oil from fries.
3. Sprinkle the five spice adobo seasoning on the fries immediately. Toss till evenly coated.
4. Consume immediately.

## NUTRITION CONTENT



Sodium reduction: 30%

	Per 100g	
	Control	Permeate
Energy	223.0 kcal	219.0 kcal
Protein	2.2 g	2.2 g
Total Fat	12.6 g	12.6 g
Saturated Fat	2.6 g	2.6 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	25.1 g	24.3 g
Sugar	1.0 g	1.0 g
Dietary Fibre	2.1 g	2.1 g
<b>Sodium</b>	<b>793.0 mg</b>	<b>552.0 mg</b>
Calcium	11.0 mg	11.0 mg
Potassium	373.6 mg	373.6 mg
Iron	0.1 mg	0.1 mg
Vitamin D	0 µg	0 µg



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