

# Savory Greek-Style Yogurt

Going Greek? Why not throughout the entire day? This snack combines the delicious richness of Greek-style yogurt with savory vegetables and herbs. It has 22g of protein, 25% Daily Value of calcium, and live and active cultures. This nutritious and flavorful powerhouse can be consumed with crackers, fresh veggies or simply a spoon.



## INGREDIENTS

	Usage Levels (%)
<b>Yogurt, nonfat Greek</b>	97.96
Green bell peppers, freeze-dried, chopped	0.49
Red bell peppers, freeze-dried, chopped	0.49
Cucumbers, freeze-dried, chopped	0.30
Shallots, freeze-dried, chopped	0.30
Garlic, freeze-dried, chopped	0.29
Salt	0.07
Basil, dried	0.06
Dill, dried	0.02
Ground black pepper	0.01
Paprika	0.01
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Nonfat Greek yogurt (Grade A pasteurized skimmed milk, yogurt cultures (L. bulgaricus, Strep.thermophilus)), freeze-dried vegetables (green bell peppers, red bell peppers, cucumbers, shallots, garlic), salt, dried basil, dried dill, ground black pepper, paprika.

Contains: milk

## PREPARATION

1. **Mix together yogurt, freeze-dried vegetables, herbs, salt and spices.**
2. **Let product hydrate 24 hours at refrigeration temperature.**
3. **Stir before consuming.**
4. **Optional - serve in a tart cup or with crackers.**

## MARKET INSIGHTS

- Snacks provide nearly a quarter of daily calories, but they contribute only around 14% of the total daily protein intake (11g per day). Adding dairy protein can help those looking to increase their overall daily protein intake.
- We know that consumers are eating Greek yogurt — the Greek segment now accounts for 15% of the yogurt category, and Greek yogurt sales have doubled each consecutive year for the past five years.
- 83% of consumers read the nutrition facts panel and 45% look for foods and beverages with a short list of recognizable ingredients.
- This savory format allows for variations such as Greek, Turkish or Indian flavor inspirations.

## BENEFITS OF USING U.S. DAIRY

### Yogurt

- A functional ingredient in products for added nutritional value and improved flavor
- There is a lot of innovation in the Greek category — 25% of yogurt new product launches were Greek in 2011
- Volume of Greek yogurt has more than doubled over the last five years and accounts for 15% of the total yogurt category sales

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

Serving Size 1 Cup (225g)

Amount Per Serving

**Calories 130**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 150mg**      **6%**

**Potassium 330mg**      **9%**

**Total Carbohydrate 12g**      **4%**

    Dietary Fiber 1g      **4%**

    Sugars 10g

**Protein 22g**      **42%**

Vitamin A 10%      • Vitamin C 45%

Calcium 25%      • Iron 2%

Thiamin 6%      • Riboflavin 0%

Phosphorus 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in 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 specifications needs. Developed at the Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.

