

Fish Sauce



INGREDIENTS

	Usage Levels (%)
Water	52.46
Whole milk powder	8.70
Lobster base	8.15
Onion, minced	7.80
Thyme, chopped	7.58
Celery, minced	7.58
Arrowroot	4.24
Paprika	1.36
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	100kcal
Total Fat	3.5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	10mg
Total Carbohydrates	15g
Dietary Fiber	4g
Sugars	5g
Protein	4g
Calcium	240mg
Magnesium	29mg
Phosphorus	90mg
Potassium	250mg
Sodium	1150mg
Iron	10mg
Vitamin A	1238IU
Vitamin C	8mg

PREPARATION

1. **Mix all ingredients except arrowroot and half of the water. Simmer.**
2. **Separately, mix the arrowroot with remaining water to make a whitewash.**
3. **Add whitewash to simmering liquid and bring to a boil.**
4. **Simmer 5 minutes. Strain.**
5. **Chill.**

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.