

50% Extended Ham



INGREDIENTS

| | Control (%) | WPC 80 (%) | WPI (%) |
|---|---------------|---------------|---------------|
| Ham, lean | 66.67 | 66.17 | 66.17 |
| Water | 29.78 | 29.28 | 29.28 |
| Salt | 2.20 | 2.20 | 2.20 |
| Sodium tripolyphosphate | 0.30 | 0.30 | 0.30 |
| Dextrose | 1.00 | 1.00 | 1.00 |
| Sodium erythorbate | 0.04 | 0.04 | 0.04 |
| Sodium nitrite | 0.01 | 0.01 | 0.01 |
| Whey protein concentrate, 80% protein (WPC 80) | 0.00 | 1.00 | 0.00 |
| Whey protein isolate (WPI) | 0.00 | 0.00 | 1.00 |
| Total | 100.00 | 100.00 | 100.00 |

NUTRITIONAL CONTENT

| Per 100g | Control | WPC 80 | WPI |
|----------------------------|---------|---------|---------|
| Calories | 100kcal | 100kcal | 100kcal |
| Total Fat | 2.5g | 2.5g | 2.5g |
| Saturated Fat | 0.5g | 1g | 0.5g |
| Trans Fat | 0g | 0g | 0g |
| Cholesterol | 40mg | 40mg | 40mg |
| Total Carbohydrates | 3g | 3g | 3g |
| Dietary Fiber | 0g | 0g | 0g |
| Sugars | 1g | 1g | 1g |
| Protein | 14g | 15g | 15g |
| Calcium | 9mg | 17mg | 9mg |
| Magnesium | 14mg | 15mg | 14mg |
| Phosphorus | 292mg | 282mg | 280mg |
| Potassium | 290mg | 280mg | 280mg |
| Sodium | 2080mg | 1990mg | 2000mg |
| Iron | 1mg | 1mg | 1mg |
| Vitamin A | 0IU | 1IU | 0IU |
| Vitamin C | 0mg | 0mg | 0mg |

PREPARATION

1. Trim ham of excess fat.
2. Prepare brine by dissolving phosphate followed by the rest of the dry ingredients.
3. Inject brine to obtain a 50% extension.
4. Macerate and tumble for 4 hours at 8 rpm.
5. Stuff into pre-stuck fibrous casings.
6. Cook in smokehouse to an internal temperature of 71°C (160°F).

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. Developed by PHD Technologies LLC. ©2014 U.S. Dairy Export Council.