

High-Protein Pizza Dough



INGREDIENTS

	Usage Levels (%)
Flour, bread	54.55
Water	25.28
Whey protein concentrate, 34% protein (WPC 34)	14.59
Oil	1.89
Yeast, dry	1.19
Sugar	0.95
Salt	0.85
Whey-cysteine dough conditioner	0.70
Total	100.00

BENEFITS OF USING U.S. DAIRY

Whey Protein Concentrate (WPC 34)

- Improves nutritional profile of crust by supplying high-quality protein
- Contributes to Maillard reaction to add desirable baked-brown color

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (78g)
Servings Per Container

Amount Per Serving	Calories from Fat 25
Calories 220	% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 10mg	4%
Sodium 330mg	14%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	5%
Sugars 7g	

Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 10%

*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
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Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

PREPARATION

1. Add yeast to warm water with a pinch of sugar and set aside undisturbed for about 5 minutes.
2. Add all remaining ingredients to the bowl of a mixer equipped with a dough hook.
3. Mix on low speed until ingredients are well combined. Increase to medium speed and knead for 8-10 minutes.
4. Place in a greased bowl covered with plastic wrap. Proof at 27-32°C (81-90°F) for 1-1/2 hours.
5. Punch down and let dough rest for 5 minutes. Shape on a pizza pan adding sauce and pizza toppings.
6. Let dough rest 10 minutes and then bake at 288°C (550°F) until crust is golden brown and toppings are bubbly.

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 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 Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2015 U.S. Dairy Export Council.