

# Tortilla with WPC 34



## INGREDIENTS

	Usage Levels (%)
Flour, bread	57.43
Water	30.20
Shortening	7.13
<b>Whey protein concentrate, 34% protein (WPC 34)</b>	<b>3.00</b>
Salt	0.89
Baking powder	0.89
Potassium sorbate	0.18
Sodium stearoyl lactylate	0.15
Fumaric acid	0.10
Monoglycerides	0.03
<b>Total</b>	<b>100.00</b>

## PREPARATION

1. **Measure all dry ingredients into a processor bowl and process for 10 seconds.**
2. **Add shortening on top of dry ingredients and process for 10 seconds.**
3. **Pour 38°C (100°F) water in while processor is running and process until the mixture forms a ball.**
4. **Remove ball of dough from the processor bowl, wrap in plastic wrap and let rest at room temperature for 30 minutes.**
5. **Weigh 45 g (1.6 oz) pieces and round into balls. Let rest on tray covered with plastic wrap for 10 minutes.**
6. **Flatten slightly with your hands and place in the center of the Tortilla Press.**
7. **Place top cover down and press slightly, then open, flip to the other side and press steadily until tortilla is the right diameter (target is about 15 to 17 cm (6-7")).**
8. **Open top cover and allow one side to cook until golden-brown blisters form.**
9. **Flip over and cook the other side.**
10. **Cool completely before packaging.**

## BENEFITS OF USING U.S. DAIRY

### Whey Protein Concentrate 34 (WPC 34)

- Contributes to Maillard reaction to add desirable baked color
- Improves nutritional profile of crust by supplying high-quality protein
- Enhances water-binding, which results in a soft tortilla
- Improves storage life by delaying retrogradation of starch

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

Serving Size (45g) (2-6" tortillas)

Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	

<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Sugars 0g	
<b>Protein</b> 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

\*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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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