Low-Fat Stirred Yogurt



Nutrition Content per 100 g

Calories	60 kcal
Total Fat	1.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
Total Carbohydrates	6 g
Dietary Fiber	0 g
Sugars	6 g
Protein	5 g
Calcium	129 mg
Magnesium	6 mg
Phosphorus	42 mg
Potassium	65 mg
Sodium	65 mg
Iron	0 v
Vitamin A	233 IU
Vitamin C	1 mg

Ingredients	% Weight
Skimmed milk	75.46
Milk, 1% fat	18.87
Cream, 40% fat	2.98
Skimmed milk powder	1.99
Stabilizer	0.70
Culture	as needed

Procedure

- 1. Mix all ingredients, except culture.
- Pasteurize at 85-90°C (185-194°F) for 15 seconds or 80-82°C (176-180°F) for 30 minutes. Homogenize at 10-14 MPa (1450-2030 psi).
- 3. Cool to 34-41°C (93-106°F). Inoculate with yogurt cultures until pH is 4.20-4.65.
- 4. Cool to less than 15°C (59°F).
- 5. Stir.
- 6. Package.
- 7. Store refrigerated.



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