

# Low-Fat Stirred Yogurt



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

## Nutrition Content per 100 g

<b>Calories</b>	60 kcal
<b>Total Fat</b>	1.5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	5 mg
<b>Total Carbohydrates</b>	6 g
Dietary Fiber	0 g
Sugars	6 g
<b>Protein</b>	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

## Procedure

1. Mix all ingredients, except culture.
2. 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.