

## Nonfat Ice Cream



### Nutrition Content per 100 g

<b>Calories</b>	120 kcal
<b>Total Fat</b>	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	5 mg
<b>Total Carbohydrates</b>	21 g
Dietary Fiber	0 g
Sugars	18 g
<b>Protein</b>	9 g
Calcium	193 mg
Magnesium	15 mg
Phosphorus	75 mg
Potassium	125 mg
Sodium	80 mg
Iron	0 mg
Vitamin A	156 IU
Vitamin C	2 mg

Ingredients	% Weight
<b>Skimmed milk</b>	75.30
Sucrose, granulated	10.00
<b>Skimmed milk powder</b>	6.00
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	4.00
Sweetener syrup solids	4.00
Stabilizer	0.70

### Procedure

1. Mix dry ingredients into milk with a powder horn or a high-shear mixing system.
2. Pasteurize milk at 82°C (180°F) for 23 seconds.
3. Homogenize. A two-stage homogenization recommended with 14.1 MPa (2045 psi) in the first stage and 3.5 MPa (508 psi) in the second stage. Final product temperature should be 5.5°C (42°F).
4. Hold at 0-4°C (32-39°F) overnight.
5. Freeze.