

Orange Flavored High-Protein Freezer Pops



Nutrition Content per 100 g

Calories	90 kcal
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	20 g
Dietary Fiber	0 g
Sugars	19 g
Protein	5 g
Calcium	4 mg
Magnesium	1 mg
Phosphorus	0 mg
Potassium	10 mg
Sodium	90 mg
Iron	0 mg
Vitamin A	0 IU
Vitamin C	0 mg

Ingredients	% Weight
Sucrose	75.65
Whey protein isolate (WPI), instantized	20.00
Citric acid	2.00
Flavor, orange	1.25
Sodium citrate	0.50
Flavor, tangerine	0.30
Color, artificial yellow	0.20
Sodium benzoate	0.05
Potassium sorbate	0.05

Procedure

1. Blend all dry ingredients.
2. Mix the blended dry ingredients with water in a ratio of 25/75 (solids/water) and stir well until all dry ingredients are dissolved.
3. While mixing, add phosphoric acid to adjust the pH to 3.00-3.50.
4. Pasteurize the mix at 88°C (190°F) for 10 seconds.
5. Fill pouches immediately after pasteurization.
6. Freeze the pouches and maintain the product in a frozen state until consumption.