



# Sweet and Savory Butternut Squash Soup

Who says savory and delicious has to be high in sodium? Thanks to the addition of permeate, this vegetable-based butternut squash soup contains 32% less sodium than a similar soup made with higher levels of salt.\* Consumers who are paying more attention to their sodium intake these days will welcome it as a perfect choice.



## Market Insights:

- Americans are consuming more sodium than what is recommended.
- Consumers are paying more attention to food and beverage labels, looking for more recognizable ingredients.
- Aging consumers are increasingly turning to healthier food choices to help maintain an active lifestyle.

## Benefits of Using Dairy Ingredients:

### Permeate

- Provides salty characteristics, so that salt may be reduced to lower overall sodium content
- Simply labeled as dairy product solids

Ingredients:	Control (%)	Reduced sodium (%)
Squash, butternut, cooked, mashed and frozen	52.42	50.69
Vegetable broth, low sodium	30.89	30.03
Apples, fresh, chopped	9.62	9.30
Onion, fresh, chopped	5.40	5.22
<b>Whey permeate (dairy product solids)</b>	<b>—</b>	<b>3.31</b>
Olive oil, extra virgin	1.20	1.16
Salt, table	0.38	0.20
Curry powder	0.07	0.07
White pepper	0.02	0.02
<b>Total</b>	<b>100.00%</b>	<b>100.00%</b>

## Control

### Nutrition Facts

Serving Size 1 cup (240 ml) (227g)  
Servings Per Container

Amount Per Serving

Calories 90    Calories from Fat 25

% Daily Value\*

**Total Fat** 3g    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 380mg    **16%**

**Total Carbohydrate** 17g    **6%**

Dietary Fiber 5g    **20%**

Sugars 3g

**Protein** 2g

Vitamin A 80%    •    Vitamin C 10%

Calcium 4%    •    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

Protein    50g    65g

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4

## Reduced sodium

### Nutrition Facts

Serving Size 1 cup (240 ml) (227g)  
Servings Per Container

Amount Per Serving

Calories 110    Calories from Fat 25

% Daily Value\*

**Total Fat** 3g    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 260mg    **11%**

**Total Carbohydrate** 22g    **7%**

Dietary Fiber 4g    **16%**

Sugars 9g

**Protein** 2g

Vitamin A 80%    •    Vitamin C 10%

Calcium 6%    •    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

REDUCED SODIUM INGREDIENTS: Butternut squash, vegetable broth ([onion, celery, carrots, mushrooms, red pepper], natural flavor, tomato paste), apples, onion, dairy product solids, extra virgin olive oil, salt, curry powder, pepper.

Contains: milk

## Preparation:

- Cut squash, apple and onion into 1-inch cubes. Place on sheet pan and toss with olive oil, salt and pepper.
- Roast squash, apple and onion for 30 to 35 minutes, turning occasionally until tender.
- Meanwhile, heat vegetable broth to a simmer and whisk in permeate.
- Combine vegetables and enough broth to puree. This may be done in multiple iterations.
- Return to pot and add enough broth for desired consistency. Add seasonings.
- Serve topped with a dollop of plain yogurt.

Want to meet consumer demand for healthier, more convenient products? Email the U.S. Dairy Export Council® (USDEC) U.S. Ingredients Program at [TechSupport@InnovateWithDairy.com](mailto:TechSupport@InnovateWithDairy.com) for information on consumer and product research, formulation and prototype assistance, and other services to help you develop and launch your next successful product. For additional sample formulations and the latest on dairy ingredients, visit [www.InnovateWithDairy.com](http://www.InnovateWithDairy.com).

\*Contains 32% less sodium than a similar soup formulation. Sodium has been reduced from 380mg per serving to 260mg per serving.

Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2011 U.S. Dairy Export Council. Note: This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs.