



# NutraSweet® in Frozen Desserts

## ADVANTAGES OF NUTRASWEET® IN FROZEN DESSERTS

- Adds clean, sweet taste
- Provides sweetness at low concentrations
- May enhance and extend certain fruit flavors
- Can reduce calories in some products, even with the use of bulking agents<sup>§</sup>
- No sugar added claims possible in some formulations<sup>§</sup>
- Sugar-free claims possible on products such as flavored water ices<sup>§</sup>
- Easy to use in standard manufacturing processes

## WORKING WITH NUTRASWEET® IN FROZEN DESSERTS

- Recommended use levels: 0.05 - 0.10%
- Can use powder, granular, or liquid forms of NutraSweet
- Both batch and HTST processing can be used
- Standard homogenization pressures can be used
- Special aging of the mix is not necessary
- Draw temperatures per standard manufacturing practices, based on total solids and desired texture
- In finished products, stability of NutraSweet is suitable for normal distribution and turnover

## SUGAR-FREE LIGHT<sup>§</sup> WATER ICE MADE WITH NUTRASWEET®

| Ingredient  | As Is Basis % |
|---|---------------|
| Maltodextrin, 18 DE   | 4.50          |
| Sorbitol  | 3.50          |
| Stabilizer  | 0.35          |
| Citric acid   | 0.35          |
| <b>NutraSweet® brand sweetener</b>  | <b>0.09</b>   |
| Polysorbate, emulsifier   | 0.03          |
| Flavor  | to suit       |
| Color   | to suit       |
| <b>Nutrition Information</b><br><b>per 85g serving (finished product)</b> |               |
| Calories  | 30            |
| Carbohydrates (g)   | 8.2           |
| Sugar (g)   | 0.3           |
| Sugar Alcohols (g)  | 4.2           |
| FD33  |               |

## NO SUGAR ADDED LIGHT<sup>§</sup> SORBET MADE WITH NUTRASWEET®

| Ingredient  | As Is Basis % |
|---|---------------|
| Strawberry purée  | 3.60          |
| Maltodextrin, 18 DE   | 5.00          |
| Sorbitol  | 5.00          |
| Stabilizers   | 0.35          |
| <b>NutraSweet® brand sweetener</b>  | <b>0.08</b>   |
| Polysorbate, emulsifier   | 0.03          |
| Flavor  | to suit       |
| <b>Nutrition Information</b><br><b>per ½ cup serving (at 50% overrun)</b> |               |
| Calories  | 40            |
| Carbohydrates (g)   | 11.6          |
| Sugar (g)   | 2.7           |
| Sugar Alcohols (g)  | 4.4           |
| FD37  |               |

<sup>§</sup> It is best to consult with a regulatory or legal consultant to determine the appropriate claims and final labeling requirements for your product.

**NO SUGAR ADDED<sup>S</sup> SHERBET MADE WITH NUTRASWEET<sup>®</sup>**

| <b>Ingredient</b>   | <b>As Is Basis %</b> |
|---|----------------------|
| Milk Solids Non-Fat (MSNF)  | 4.30                 |
| Milk fat  | 1.30                 |
| Polydextrose  | 3.90                 |
| Maltodextrin, 18 DE   | 8.40                 |
| Sorbitol  | 5.30                 |
| Orange juice concentrate  | 1.10                 |
| Stabilizers   | 0.25                 |
| Emulsifier  | 0.10                 |
| Microcrystalline cellulose  | 0.23                 |
| <b>NutraSweet<sup>®</sup> brand sweetener</b>                             | <b>0.13</b>          |
| Flavor  | to suit              |
| Color   | to suit              |
| <b>Nutrition Information</b><br><b>per ½ cup serving (at 50% overrun)</b> |                      |
| Calories  | 75                   |
| Carbohydrates (g)   | 18.8                 |
| Sugar (g)   | 3.7                  |
| Sugar Alcohols (g)  | 4.6                  |
| Fat (g)   | 1.2                  |

FD38

**PROCESS DESCRIPTION FOR SHERBET MADE WITH NUTRASWEET<sup>®</sup>**

1. Standardize milk to desired fat and milk solids level.
2. Blend ingredients:
  - If using HTST, add NutraSweet with other dry ingredients
  - If using batch processing, add NutraSweet after pasteurization
3. Pasteurize at 175°F (79°C) for 25 seconds
4. Homogenize at 2500 psi
5. Cool to 40°F (4°C)
6. Age for at least 4 hours
7. Add juice; color and flavor as desired
8. Freeze
9. Package
10. Harden
11. Store at -20°F (-29°C)

**PROCESS DESCRIPTION FOR WATER ICE AND SORBET MADE WITH NUTRASWEET<sup>®</sup>**

1. Blend dry ingredients with liquids
2. Pasteurize at 175°F (79°C) for 25 seconds
3. Homogenize at 1000 psi
4. Cool to 40°F (4°C)
5. Age at least 4 hours
6. Add flavor and color
7. Mold, if desired
8. Package
9. Store at -20°F (-29°C)

**MORE INFORMATION IS AVAILABLE TO YOU**

This bulletin is intended to be general in nature. We are eager to work with you in the development of new products and processes. For additional information about our products, please call **1-800-323-5321 (USA/Canada)**



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