IMPROVING THE NUTRITIONAL PROFILE AND CULINARY APPEAL OF PROCESSED FOODS USING PRUNE PLUM INGREDIENTS

Presented by Sunsweet Ingredients
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WHAT MAKES A PERFECT INGREDIENT?

- A plant-based whole food
- Naturally healthy in its own right
- Tastes great on its own
- Enhances flavors
- Provides numerous processing functions
- Easy to use in manufacturing
- Reasonably priced
- Stable supply
ATTRIBUTES OF PRUNE INGREDIENTS

PRUNES (DRIED PLUMS)
✓ Fiber 7%
✓ Titratable Acidity 1.7-2.8% (measured as malic, but mostly quinic)
✓ pH: 3.5-4.2
✓ Sugars:
  ▪ Glucose 19.81%%
  ▪ Fructose 11.59%
  ▪ Sucrose 0.82%
  ▪ Sorbitol 14.72%
✓ Phenolic Composition –total 1840 mg/kg:
  ▪ Neochlorogenic acid 1306
  ▪ Chlorogenic acid 436
**PROCESSING BENEFITS**

**Attributes**
- High in natural sorbitol
- High in fiber
- High in antioxidants
- High in titratable acidity

**Benefits**
- Moisture binding
- Extending flavor
- Extending shelf life
- Adding sweetness with lower calories
- Enhance caramelization

**In Application**
- Alternative to phosphates
- Reduce added sugars
- Reduce sodium
- Replace caramel coloring
- Replace BHA/BHT
- Reduce calories
**CLEAN LABEL APPLICATION SPECTRUM**

- **Pet Food**
  - Replace caramel coloring
  - Improve flavor

- **Bakery**
  - Reduce sodium
  - Reduce sugar
  - Reduce fat
  - Improve pliability
  - Improve shelf life

- **Seasonings**
  - Reduce sodium
  - Seal in moisture

- **Sauces**
  - Reduce sugar
  - Reduce sodium
  - Eliminate caramel coloring
  - Eliminate citric acid
  - Provide sheen

- **Meat & Poultry**
  - Moisture binding
  - Reduce WOF
  - Caramel coloring
  - Increase shelf life
  - Reduce sugar
THE INGREDIENTS

- Prune Bits
- Dried Plum Concentrate *
- Dried Plum Powder *
- Fresh Plum Concentrate *
- Diced Dried Plums
- Dried Plums
- Dried Plum Puree

NOTES:
- Label names as indicated
- GRAS
- Non-GMO
- * Approved by USDA as binders
MULTI FUNCTION EXAMPLE - SAUCES

✓ Adds sweetness and enhances existing natural flavors allowing for lower salt and sugar levels (-30-50%)
✓ Imparts natural brown color (eliminates need for caramel coloring)
✓ Smooths out off-flavors, such as the metallic flavor of canned tomatoes, allowing for lower overall sugar
✓ Provides ‘sheen’ to finished product, eliminating need for HFCS
✓ Drives down pH and eliminates the need for citric acid
✓ Draws out the flavors of herbs and spices
✓ Adds antioxidants and other health benefits
• One of the world’s healthiest fruits
  • Digestion
  • Bone health
  • Anti-inflammation

• A versatile fruit ingredient from a culinary standpoint
  • Rich caramelized flavor
  • Bright acidity
  • Applications in every food category

• Also provides a pathway to meeting the challenges of modern food processing
  • Clean label
  • Lower sugar
  • Lower sodium