



MILK, NONFAT, DRY, INSTANT

Date: October 2012

Code: 100065

PRODUCT DESCRIPTION

- Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and has added vitamins A and D.

PACK/YIELD

- Instant nonfat dry milk is packed in 25 ½ ounce packages, which is about 32 servings (1 cup each) of reconstituted (water added) nonfat milk.

STORAGE

- Store unopened packages of nonfat dry milk in a cool, clean, dry place.
- After opening, store in a tightly covered container or sealable plastic bag.
- Store prepared nonfat dry milk covered in the refrigerator for up to 5 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA commodities, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/STORAGE

- To prepare instant nonfat dry milk, combine ⅓ cup nonfat dry milk with 1 cup water and mix well.

USES AND TIPS:

- Enjoy prepared instant nonfat dry milk as a beverage.
- Prepared instant nonfat dry milk can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes, and desserts.
- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer.

NUTRITION INFORMATION

- 1 cup prepared instant nonfat dry milk (⅓ cup milk plus 1 cup water) provides 1 serving from the Dairy Group of MyPlate.
- 1 serving of instant nonfat dry milk provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (8 fluid ounces) instant nonfat dry milk, after adding water

Amount Per Serving

Calories	80	Calories from Fat	0
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% Daily Value*

Total Fat 0g			0%
Saturated Fat	0g		0%
<i>Trans</i> Fat	0g		
Cholesterol	5mg		1%
Sodium	130mg		5%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	8g		
Vitamin A	10%	Vitamin C	2%
Calcium	30%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

VEGETABLE CHEESE SOUP

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 cup instant nonfat dry milk
- 2 cups water
- 3 cups canned mixed vegetables, drained
- ¼ cup onion, chopped
- ½ teaspoon curry powder (if you like)
- 1 cup water
- 1 ½ tablespoons cornstarch
- ½ cup Swiss or cheddar cheese, cut into small pieces or shredded

Directions

1. Bring 2 cups water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add that too. Cook, covered, until onion is almost soft.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.

Nutritional Information for 1 serving (about 1 cup) of Vegetable Cheese Soup							
Calories	250	Cholesterol	20 mg	Sugar	19 g	Vitamin C	9 mg
Calories from Fat	40	Sodium	380 mg	Protein	18 g	Calcium	530 mg
Total Fat	4 g	Total Carbohydrate	35 g	Vitamin A	927 RAE	Iron	2 mg
Saturated Fat	2.5g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

PEACH SMOOTHIE POPS

MAKES ABOUT 12 SERVINGS

Ingredients

- 1 ⅓ cups instant nonfat dry milk powder
- 4 cups (2 cans, about 15 ounces each) canned peaches, drained
- 1 cup water
- 1 cup ice cubes
- 3 tablespoons sugar

Directions

1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube. Freeze until solid.

Tip

You can make this with any kind of fruit you like.

Nutritional Information for 1 serving (1 pop) of Peach Smoothie Pops							
Calories	100	Cholesterol	5 mg	Sugar	18 g	Vitamin C	3 mg
Calories from Fat	0	Sodium	80 mg	Protein	5 g	Calcium	170 mg
Total Fat	0 g	Total Carbohydrate	21 g	Vitamin A	105 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from Food.com