

# DESSERTS AS A SOURCE OF PROTEINS

Proteins are one of the key components in baked goods that are responsible for providing strength, structure and stability to cakes and breads.

## WHAT COMPONENTS OF BAKING CONTAIN PROTEINS?

Three main protein-containing components are:



Flour



Eggs



Milk

## ROLE OF PROTEINS IN BAKED DESSERTS:

- ✔ Impart structure
- ✔ Dough conditioners
- ✔ Hydrate the dough
- ✔ 'Set' the cakes



## Proteins in Flour

The main protein in flour is called gluten.

### Bread Flour

- ✔ Highest protein content (10% - 12%)
- ✔ A more chewy final product
- ✔ Used for sourdough bread, bread loaves, etc



### Cake Flour

- ✔ Least protein content (6% - 8%)
- ✔ Lighter cakes
- ✔ Tender but stable crumb

## Proteins in Eggs

Both the egg yolk and egg whites contain many different proteins.

### Function of egg proteins in baked goods



- ✔ Coagulation: Settle liquid batter
- ✔ Provide Moisture: Eggs are 90% water

## Proteins in Milk



- ✔ Provides structure
- ✔ Strengthen the dough

## PROTEIN CONTENT IN COMMON DESSERTS

	1 slice or 1 piece	Protein content(g)
	Chocolate Cake	2.62
	Cheesecake	4.40
	Brownie	2.74
	Cupcake	1.36
	Apple Pie	3.72
	Chocolate Chip Cookie	0.55
	Pecan Pie	5.98
	Danish Pastry	4.55

