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CONVERSION CHART: FAT SOURCE TO Z-TRIM GEL

FOR STANDARD RECIPES



To reduce fat by 33% in these foods:	Type of Z-Trim gel to use:	FATS/EGGS to be replaced: FAT REPLACEMENT INSTRUCTIONS for fats such as butter, margarine, vegetable oil, egg yolk.
Bread and Rolls	4% gel	Replace half the butter with an equivalent weight of 4% gel hydrated from powder using skim milk. Do not remove egg.
Croissants	4% gel	Replace half the butter with an equivalent weight of 4% gel hydrated from powder using skim milk. Do not remove egg.
Muffins	4% gel	Replace half the fats or egg items listed above with an equivalent weight of 4% gel, including up to half of the total egg yolk; don't remove egg white.
Cookies	4% gel	Replace half the fats or egg items listed above with an equivalent weight of 4% gel, including up to half of the total egg yolk; don't remove egg white.
Cakes	4% gel	Replace half the fats or egg items listed above with an equivalent weight of 4% gel, including up to half of the total egg yolk; don't remove egg white.
Salad Dressing, Light	4% gel	Blend 2 parts salad dressing and 1 part 4% gel. Season to taste after blending.
Whipping Cream	4% gel	Blend 2 parts whipping cream and 1 part 4% gel.
Yogurt	4% gel	Blend 2 parts yogurt and 1 part 4% gel. Add fruit and any flavorings as desired after blending.
Soups	4% gel	Blend 2 parts soup and 1 part 4% gel, season to taste after blending.
Salad dressing, thick	6% gel	Blend 2 parts dressing and 1 part 4% gel, hydrate gel from powder using skim milk.
Chili	6% gel	Add 1/3 weight of 6% gel (hydrated from powder) and cook as usual to arrive at 33% more chili with 33% reduced fat. Season to taste
Sour cream	6% gel	Blend two parts sour cream and 1 part 6% gel hydrated from powder using skim milk.
Dips	6% gel	Blend 2 parts dip with 1 part 6% gel hydrated from powder using skim milk.
Gravy/Sauce	4 to 6% gel	Blend 2 parts gravy or sauce with 1 part 6% gel hydrated from powder using water. For cheese sauce, hydrate powder using skim milk.
Mayonnaise	6-8 % gel	Blend 2 parts mayonnaise with 1 part 6% gel hydrated from powder using skim milk. Hydrate gel to 8% if thicker mayonnaise is desired. If making mayo from scratch, use 6-8% Z-Trim gel to replace 1/3 of oil and egg.
Cream Cheese	12% gel	Blend 2 parts cream cheese with 1 part 12% gel hydrated from powder using skim milk.

Meatloaf, hamburger, sausage, etc.	12-14 % gel	Blend 2 parts ground meat with 1 part 12% gel hydrated from powder using water. Season to taste after blending.
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NOTES/HELPFUL HINTS:

- For creamier dairy blends, hydrate Z-Trim powder using skim milk instead of water.
- Approximate gel percentage should match the consistency of food to be “fat-reduced.”
 - Z-Trim powder can be made into gel by mixing the powder with liquid in a household blender.
 - Z-Trim is also available pre-mixed as gel (4% solids) from FiberGel Technologies, Inc. at www.ztrim.com.
- Turning powder into gel (use high speed blender):
 - 1 teaspoon Z-Trim powder mixed with ¼ cup water = 4% gel
 - 1.5 tablespoon Z-Trim powder mixed with a cup of water = 6% gel
 - 2 teaspoon Z-Trim powder mixed with ¼ cup of water = 8% gel
 - 3 tablespoon Z-Trim powder mixed with a cup of water = 12% gel
- Fat Facts: egg yolk is 30% fat and high in cholesterol. Shortening is highest in trans fat; partially hydrogenated oils are a close second. Butter is 82% fat and high in cholesterol. Margarine is 60% to 75% fat. Egg whites, while not fats, are typically used to add volume, structure, and consistency after cooking.
- When blending Z-Trim with pre-made foods (such as salad dressing out of the bottle) replenish seasonings to taste.
- To lower cholesterol further, use margarine instead of butter and remove egg yolk.

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