GUIDELINE RECIPE

SALSA – SALT REDUCTION

with Saltwell®

- **Saltwell® is an all-natural reduced sodium sea salt that can be used to replace regular salt one for one in a variety of applications.**
- **Ideal for HFSS developments.**
- **Taste, appearance and functionality of regular salt.**

Globally, people are consuming too much salt, and it is important to reduce this intake where possible. In addition to HFSS regulations in the UK, Action on Salt, PHE, FSAI and WHO salt reduction targets are strong drivers for new developments. The use of Saltwell® in this recipe simply reduces sodium to improve the nutritional profile of whilst maintaining important functionality.

Recipe	Salt	Saltwell®
Ingredients / Raw Materials	%	%
Fresh Tomatoes	68.70	68.70
Red Onion	8.70	8.70
Tomato Puree	5.00	5.00
White Sugar	5.00	5.00
Lime Juice	4.00	4.00
Rapeseed Oil	1.60	1.60
Red Wine Vinegar	1.50	1.50
Garlic Puree	1.50	1.50
*Emflo® 991 * **	1.00	1.00
Water	1.00	1.00
Salt	0.70	
Saltwell®		0.70
Coriander	0.45	0.45
Crushed Chillies	0.45	0.45
Ground Cumin	0.30	0.30
Xanthan Gum	0.10	0.10
TOTAL	100.00	100.00

Processing Steps:

1. Add all materials into heating vessel
2. Heat until 85°C whilst stirring
3. Hold for 2 minutes
4. Decant into container
5. Cool to room temperature

Benefits and Characteristics:

Saltwell®'s distinctive grain, extracted from an underground sea in Chile's Atacama Desert naturally contains 35% less sodium than regular salt. It can be used to easily substitute salt at a 1:1 ratio without impacting functionality.

Varieties available:

- Regular (natural grain size with silicon dioxide for anti-caking)
- Microfine (smaller grain size)
- Natural (without anti-caking agent)

Application Photo:



Email: info@healy-group.com

This recipe is for development use only. Due to difference in materials and processing, we recommend testing in your own setting following consultation with our team.

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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration - Salt:

Tomatoes, Onions, Tomato Puree, Sugar, Lime Juice, Rapeseed Oil, Red Wine Vinegar, Garlic Puree, Modified Potato Starch, Water, Salt, Coriander, Chillies, Ground Cumin, Xanthan Gum.

Ingredient Declaration - Saltwell:

Tomatoes, Onions, Tomato Puree, Sugar, Lime Juice, Rapeseed Oil, Red Wine Vinegar, Garlic Puree, Modified Potato Starch, Water, Sea Salt or Salt, Coriander, Chillies, Ground Cumin, Xanthan Gum.

Nutrition:

Nutritional Data: /100g (Calculated)	Salt	Saltwell®
Energy kJ	246	246
Energy k Cal	58	58
Fat	1.8	1.8
Of which saturates	0.1	0.1
Carbohydrates	9.9	9.9
Of which Sugar	8.3	8.3
Fibre	1.3	1.3
Protein	0.9	0.9
Sodium	0.276	0.183
Equivalent as Salt	0.708	0.470
UK HFSS Score	3	2



Notes:

*** Also from The Healy Group:*

Emflo® 991 – functional - Modified Potato Starch.

Enquire with our team for more details.

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