



# CULINARY TEXTURES

POWDERED TEXTURISER

# TARA

TARA GUM  
THICKENER AND STABILISER AGENT

200g e



1.8 kcal/g

## THICKENER AND STABILISER AGENT: TARA TARA GUM

DAYELET TARA is a polysaccharide that naturally occurs in Tara tree seeds native to the Peruvian Andes. It is a fine light yellow powder. It mixes well in sugared cold water or milk, and it fully hydrates after being heated over 80°C. It has functional similarities to locust bean gum and guar gum. It forms reversible and very soft gels reducing syneresis. It increases viscosity after 24 hours. DAYELET TARA creates a delicate and soft non-stick texture, and it shows great stability in dairy protein. It is ideal for dairy products such as milkshakes, yoghurt, curds, creams, creamy cheeses, ice creams, frostings, buttercream, etc. It is an outstanding thickener with great hydration and stabilising properties and provides a clean and natural flavour. For these reasons, it is widely used in pastry and bread making (0.4%), confectionery (0.2%), ice creams (0.1%), drinks, dairy desserts, gastronomy, etc.

**THIS PRODUCT IS:**  
sugar-free, gluten-free, lactose-free, egg-free, soy-free, fructose-free, cholesterol-free and salt-free.

**IT IS ALSO SUITABLE FOR:**  
diabetics, coeliacs, vegetarians, vegans, and for people following weight control diets.

**COMPOSITION:**  
Tara Gum E417.

**NUTRITION INFORMATION PER 100g:**  
180 kcal/100g. Carbohydrates: 80% [0% of them are polyols]. Other hydrates: 0%. Nutritional fibres: 80%. Fat: 0.7% (Saturated fat: 0%). Protein: 3.5%. Sodium: 0%. It is metabolized as a soluble fibre. It has no laxative effects when taken in recommended dosages. DAYELET TARA is not considered to be an allergenic product, nevertheless it must be noted that it is extracted from a leguminous plant. Glycemic index = 0  
All the components of our formulas are GLUTEN-FREE.

**MORE INFORMATION:**  
<https://www.dayelet.co.uk/tara-gum.html>

**SUGAR-FREE, GLUTEN-FREE, EGG-FREE, LACTOSE-FREE,  
SOY-FREE, FRUCTOSE-FREE, CHOLESTEROL-FREE AND SALT-FREE.**

DAYELET TARA is added at very low levels that may vary between 0.1% and 1% of the final weight of the product. It may be used in sweet and salted recipes. It stabilises frosting and defrosting processes. It prevents sugar crystallisations. It acts as an emulsifier in fat liquids such as milk, creams, ice creams, batters, etc., increasing its volume due to its capacity to retain air. Our DAYELET TARA texture is metabolised as soluble fibre. It does not affect the glucose level in blood, and it slows down the absorption of carbohydrates, which makes it ideal for people with diabetes. As all soluble fibre, its Glycemic Index is notably low, helping gut flora due to its prebiotic effect. All these properties make it ideal for people following gluten-free, low-calorie, or weight-control diets.



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