

1 slice provolone cheese nutrition

1 slice provolone cheese nutrition is a topic of interest for many individuals looking to understand the dietary value of this popular Italian cheese. Provolone cheese, known for its mild yet slightly tangy flavor, is often used in sandwiches, salads, and various culinary dishes. Understanding the nutritional content of one slice of provolone cheese can help consumers make informed choices about their diet, especially when monitoring calorie intake, macronutrients, and essential vitamins and minerals. This article will explore the detailed nutrition profile of provolone cheese, including calories, protein, fat, and carbohydrate content, as well as its vitamins and minerals. Additionally, it will discuss the benefits and considerations of including provolone cheese in a balanced diet. For those interested in how provolone cheese fits into specific dietary needs such as low-carb or high-protein diets, this comprehensive guide provides valuable insights.

- Nutrition Facts of 1 Slice Provolone Cheese
- Macronutrient Breakdown
- Vitamins and Minerals in Provolone Cheese
- Health Benefits of Provolone Cheese
- Considerations and Potential Drawbacks
- Incorporating Provolone Cheese into Your Diet

Nutrition Facts of 1 Slice Provolone Cheese

One slice of provolone cheese typically weighs around 28 grams (1 ounce), which is a standard serving size used for nutritional analysis. The nutritional content can vary slightly depending on the brand and specific preparation methods, but a general profile provides a reliable reference. Understanding the nutrition facts is crucial for those tracking their dietary intake or managing specific health conditions.

Typically, one slice of provolone cheese contains approximately:

- Calories: 100 to 110 kcal
- Protein: 7 to 8 grams
- Total Fat: 7 to 9 grams

- Saturated Fat: 4 to 5 grams
- Cholesterol: 20 to 25 milligrams
- Carbohydrates: 1 gram or less
- Sodium: 200 to 250 milligrams

This nutritional breakdown makes provolone cheese a relatively calorie-dense food with a high protein and fat content, minimal carbohydrates, and moderate sodium levels.

Macronutrient Breakdown

The macronutrients in one slice of provolone cheese play key roles in energy provision and bodily functions. Each macronutrient contributes to the overall nutritional profile and impacts how the cheese fits into various diets.

Protein Content

Provolone cheese is a good source of high-quality protein, providing around 7 to 8 grams per slice. Protein is essential for muscle repair, immune function, and enzyme production. The protein in provolone is complete, containing all nine essential amino acids required by the body.

Fat Content

Fat is the most abundant macronutrient in provolone cheese, ranging from 7 to 9 grams per slice. This includes approximately 4 to 5 grams of saturated fat. While saturated fat has been a subject of health debates, it is important to consume it in moderation as part of a balanced diet. The fat content also contributes to the cheese's creamy texture and rich flavor.

Carbohydrates

Provolone cheese contains minimal carbohydrates, usually less than 1 gram per slice. This makes it suitable for low-carbohydrate and ketogenic diets. The negligible carbohydrate content means provolone cheese has little impact on blood sugar levels.

Vitamins and Minerals in Provolone Cheese

Beyond macronutrients, provolone cheese is a valuable source of several essential vitamins and minerals important for overall health.

Calcium

One slice of provolone cheese provides approximately 200 milligrams of calcium, which is about 15-20% of the recommended daily intake for adults. Calcium is crucial for bone health, muscle function, and nerve transmission.

Vitamin A

Provolone cheese contains a modest amount of vitamin A, contributing to eye health, immune system function, and skin maintenance.

Phosphorus

Phosphorus is another mineral present in provolone cheese, supporting bone formation and energy metabolism.

Other Nutrients

- Zinc: Important for immune health and wound healing
- Vitamin B12: Essential for red blood cell production and neurological function
- Riboflavin (Vitamin B2): Plays a role in energy production

Health Benefits of Provolone Cheese

Consuming provolone cheese in moderation can contribute to a balanced and nutritious diet, offering several health benefits due to its nutrient composition.

Supports Muscle Maintenance and Growth

The high protein content in provolone cheese helps support muscle repair and growth, making it a good option for athletes and those engaged in regular physical activity.

Promotes Bone Health

With significant calcium and phosphorus levels, provolone cheese supports the maintenance of strong bones and teeth, reducing the risk of osteoporosis.

Provides Energy and Satiety

The combination of protein and fat in provolone cheese can promote feelings of fullness and provide sustained energy, which may aid in weight management by reducing overeating.

Considerations and Potential Drawbacks

While provolone cheese offers nutritional benefits, certain factors should be considered when incorporating it into one's diet.

High Saturated Fat Content

One slice of provolone cheese contains a moderate amount of saturated fat, which, if consumed in excess, may contribute to elevated cholesterol levels and increased heart disease risk. Moderation is key, especially for individuals with cardiovascular concerns.

Sodium Levels

Provolone cheese contains around 200 to 250 milligrams of sodium per slice. High sodium intake is linked to increased blood pressure, so those on sodium-restricted diets should monitor their consumption.

Lactose Content

Although provolone cheese is relatively low in lactose compared to some other dairy products, individuals with lactose intolerance may still experience discomfort and should evaluate tolerance accordingly.

Incorporating Provolone Cheese into Your Diet

Provolone cheese can be enjoyed in a variety of ways while supporting nutritional goals. Its versatility makes it suitable for many meal types and dietary preferences.

Usage Ideas

- Adding a slice to sandwiches and wraps for flavor and protein
- Using it as a topping for salads or baked dishes
- Melting provolone cheese on vegetables or lean meats
- Including it in cheese platters alongside fruits and nuts

Pairing with Balanced Foods

To optimize nutrition, pair provolone cheese with fiber-rich vegetables, whole grains, and lean proteins. This combination enhances nutrient absorption and promotes a well-rounded diet.

Frequently Asked Questions

How many calories are in 1 slice of provolone cheese?

One slice of provolone cheese typically contains around 70 to 100 calories, depending on the brand and thickness.

What is the fat content in 1 slice of provolone cheese?

A single slice of provolone cheese usually has about 6 to 8 grams of fat, including saturated fat.

How much protein does 1 slice of provolone cheese provide?

One slice of provolone cheese provides approximately 5 to 7 grams of protein.

Is provolone cheese high in sodium?

Yes, 1 slice of provolone cheese can contain around 200 to 300 milligrams of sodium, which is moderate to high.

Does 1 slice of provolone cheese contain carbohydrates?

Provolone cheese is very low in carbohydrates, with typically less than 1 gram per slice.

What vitamins and minerals are found in 1 slice of provolone cheese?

Provolone cheese contains calcium, vitamin A, vitamin B12, and phosphorus in moderate amounts per slice.

Is provolone cheese a good source of calcium?

Yes, 1 slice of provolone cheese provides about 15-20% of the recommended daily intake of calcium.

Can 1 slice of provolone cheese fit into a low-carb diet?

Yes, because provolone cheese is low in carbohydrates, 1 slice fits well into most low-carb and keto diets.

How does the nutrition of provolone cheese compare to other cheeses per slice?

Provolone cheese generally has similar calories and fat content as cheddar or mozzarella per slice but may have slightly higher sodium.

Additional Resources

1. The Nutritional Profile of Provolone Cheese: A Comprehensive Guide

This book delves into the detailed nutritional composition of provolone cheese, focusing on a single slice as a standard serving. It covers macronutrients, vitamins, minerals, and calorie content, helping readers understand how this cheese fits into a balanced diet. The guide is perfect for cheese lovers interested in making informed dietary choices.

2. Cheese and Health: The Role of Provolone in Your Diet

Explore the health benefits and considerations of including provolone cheese in your meals. This book examines the nutritional value of provolone, particularly one slice, and discusses its effects on bone health, heart health, and weight management. It also offers practical tips for incorporating cheese into a nutritious lifestyle.

3. Smart Snacking with Cheese: Understanding Provolone Nutrition

A practical guide for those who enjoy cheese as a snack, this book highlights the nutritional aspects of provolone cheese slices. Readers will find information on protein content, fat levels, and calcium benefits, along with suggestions for healthy pairings. It's an ideal resource for anyone looking to snack smartly without sacrificing flavor.

4. The Science of Cheese: Nutrition Facts of Provolone Explained

This book provides a scientific breakdown of the nutrients found in provolone cheese, focusing on a typical slice size. It covers digestion, nutrient absorption, and the role of cheese in a balanced diet. Suitable for students, nutritionists, and cheese enthusiasts alike, it offers clear explanations backed by research.

5. Cheese Lovers' Nutrition Handbook: Spotlight on Provolone

Designed for cheese aficionados, this handbook spotlights the nutritional benefits and potential drawbacks of provolone cheese. It discusses calorie count, fat content, and essential nutrients found in one slice, helping readers balance indulgence with health. The book also includes recipes and serving suggestions.

6. From Farm to Table: Nutritional Insights into Provolone Cheese

Tracing the journey of provolone cheese from production to consumption, this book highlights how nutrition can vary with processing methods. It focuses on the nutritional makeup of a single slice, providing insight into protein, calcium, and fat content. Readers gain an appreciation for the quality and healthfulness of artisanal provolone.

7. Provolone Cheese and Diet Planning: A Nutritional Approach

This resource aids in incorporating provolone cheese into various diet plans, emphasizing portion control and nutritional balance. It breaks down the nutrients in one slice and offers guidance for people managing cholesterol, sodium intake, and calorie budgets. The book is tailored for dietitians and health-conscious individuals.

8. Cheese, Calories, and Nutrients: Decoding Provolone Slice Nutrition

A focused examination of the calorie content and nutrient density of a single slice of provolone cheese, this book helps readers make informed dietary decisions. It compares provolone with other cheeses and dairy products, highlighting its unique profile. The text is accessible and packed with practical nutritional advice.

9. Healthy Eating with Cheese: Nutritional Benefits of Provolone

This book advocates for the inclusion of provolone cheese in a healthy diet by detailing its nutritional advantages, such as protein and calcium supply. It addresses common concerns like fat and sodium content and offers strategies to enjoy cheese healthily. Ideal for anyone seeking to balance taste and nutrition in their meals.

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