

swanson chicken broth nutrition facts

swanson chicken broth nutrition facts provide essential insights into the nutritional profile of one of the most popular chicken broth brands in the market. Understanding these facts is crucial for consumers who use Swanson chicken broth in their cooking or as a standalone beverage to ensure it fits their dietary needs. This article delves into the key nutritional components, including calories, macronutrients, vitamins, minerals, and sodium content found in Swanson chicken broth. Additionally, it explores the ingredient quality, potential allergens, and health benefits associated with its consumption. Readers will also find comparisons with other broth options and tips on how to incorporate Swanson chicken broth into a balanced diet. This comprehensive overview aims to equip consumers with detailed knowledge about Swanson chicken broth nutrition facts and its role in healthy eating.

- Nutritional Composition of Swanson Chicken Broth
- Macronutrients Breakdown
- Vitamins and Minerals Content
- Sodium Levels and Dietary Considerations
- Ingredients and Quality Standards
- Health Benefits of Swanson Chicken Broth
- Comparisons with Other Chicken Broths
- Incorporating Swanson Chicken Broth into Your Diet

Nutritional Composition of Swanson Chicken Broth

Swanson chicken broth nutrition facts reveal that this broth is designed to provide flavor and hydration with minimal calories and fat. It is widely recognized for its clear, savory taste and versatility in recipes. The nutritional composition primarily includes water, proteins, fats, and carbohydrates, balanced to meet the needs of various dietary preferences. Understanding the exact components helps consumers make informed choices, especially those monitoring intake of calories, sodium, or other nutrients. This section provides an overview of the general nutritional makeup of Swanson chicken broth as labeled on their packaging.

Macronutrients Breakdown

Calories

The calorie content in Swanson chicken broth is relatively low, making it an excellent option for those seeking to manage caloric intake. Typically, one cup (240 ml) of Swanson chicken broth contains approximately 15 to 20 calories. This low calorie count stems from the broth's high water content and minimal fat presence.

Proteins

Protein is a vital macronutrient, and Swanson chicken broth contains modest amounts derived from the chicken used in the broth. One serving generally has about 1 gram of protein, contributing to muscle maintenance and overall nutrition without significant caloric impact.

Fats

The fat content in Swanson chicken broth is minimal, often less than 1 gram per serving. This low fat level makes it suitable for low-fat diets and those requiring heart-healthy meal components. The broth is typically low in saturated fat, which is beneficial for cardiovascular health.

Carbohydrates

Carbohydrates in Swanson chicken broth are also minimal, usually under 2 grams per serving. This low carbohydrate content supports low-carb and ketogenic dietary approaches while providing a flavorful base for soups and stews.

Vitamins and Minerals Content

Swanson chicken broth contains trace amounts of several essential vitamins and minerals that contribute to its nutritional value. Although it is not a significant source of vitamins, it provides small quantities of B vitamins, such as niacin and riboflavin, which support energy metabolism.

Mineral Profile

The broth is a better source of minerals, particularly sodium, potassium, and calcium. These minerals help maintain electrolyte balance and support various bodily functions. While the quantities are not large, they add to the overall nutritional benefits of the broth.

- **Sodium:** Typically ranges from 700 to 900 mg per cup, a key consideration for sodium-sensitive individuals.
- **Potassium:** Present in moderate amounts, aiding in muscle function and fluid balance.
- **Calcium:** Small amounts that contribute to bone health.

Sodium Levels and Dietary Considerations

One of the most important aspects of Swanson chicken broth nutrition facts is the sodium content. Swanson broth contains a moderate to high level of sodium, which enhances flavor but may be a concern for those monitoring salt intake due to hypertension or cardiovascular risks. The standard version often contains about 860 mg of sodium per serving, which is approximately 36% of the recommended daily limit.

Low Sodium Options

For consumers seeking to reduce sodium intake, Swanson offers a low sodium chicken broth variant. This option contains roughly 140 mg of sodium per serving, significantly less than the regular version, making it more suitable for low-sodium diets while retaining flavor.

Ingredients and Quality Standards

The ingredient list of Swanson chicken broth typically includes chicken stock, water, salt, and natural flavors. The broth is made using chicken bones, meat, and vegetables simmered to extract flavor and nutrients. Swanson emphasizes quality control and uses no artificial preservatives or monosodium glutamate (MSG) in many of their products.

Allergen Information

Swanson chicken broth is generally free from common allergens such as gluten, dairy, and soy, but it is always recommended to check the packaging for specific allergen statements. The product is suitable for most diets that do not restrict animal products.

Health Benefits of Swanson Chicken Broth

Swanson chicken broth offers several health benefits due to its nutrient content and hydrating properties. It serves as a comforting, nutrient-rich base for soups that can support immune health and digestion. The broth's low calorie and fat content make it an excellent choice for weight management. Additionally, the presence of minerals helps in maintaining electrolyte balance, which is vital during illness or physical exertion.

Role in Hydration and Recovery

The broth is frequently recommended as a rehydration aid due to its fluid and electrolyte content, which can help replenish the body after illness or strenuous activity.

Comparisons with Other Chicken Broths

When comparing Swanson chicken broth nutrition facts to other brands, Swanson tends to have a competitive nutritional profile with similar calorie, protein, and fat content. However, sodium levels can vary widely among brands, so consumers should review labels carefully to choose the best fit for

their dietary needs.

- **Swanson vs. Homemade Broth:** Swanson offers convenience with consistent quality, while homemade broth may vary in nutrient concentration.
- **Swanson vs. Other Store Brands:** Sodium content is often higher in Swanson, but flavor and ingredient quality are generally rated highly.
- **Swanson Low Sodium vs. Regular:** The low sodium variant provides a significant reduction in salt without sacrificing taste.

Incorporating Swanson Chicken Broth into Your Diet

Swanson chicken broth can be incorporated into various meals to enhance flavor and nutrition. It is commonly used as a base for soups, stews, sauces, and gravies. Additionally, it can be consumed on its own as a warm, nourishing beverage.

Cooking Tips

- Use Swanson chicken broth instead of water when cooking grains like rice or quinoa to add extra flavor.
- Add it to vegetable or meat-based soups to boost nutrient density.
- Incorporate it into sauces and gravies for richer taste without adding significant calories.
- Use the low sodium version if you need to control salt intake but still want robust flavor.

Frequently Asked Questions

What are the main nutritional components of Swanson Chicken Broth?

Swanson Chicken Broth primarily contains water, sodium, protein, and small amounts of fat and carbohydrates. It is low in calories and provides some protein from chicken extract.

How many calories are in one cup of Swanson Chicken Broth?

One cup (240 ml) of Swanson Chicken Broth typically contains about 15 calories, making it a low-calorie option for cooking or drinking.

What is the sodium content in Swanson Chicken Broth?

Swanson Chicken Broth contains approximately 860 mg of sodium per one-cup serving, which is about 37% of the recommended daily value, so it is considered high in sodium.

Does Swanson Chicken Broth contain any fat or cholesterol?

Swanson Chicken Broth contains less than 1 gram of total fat and about 5 mg of cholesterol per serving, making it a low-fat and low-cholesterol option.

Is Swanson Chicken Broth a good source of protein?

Swanson Chicken Broth contains around 1 gram of protein per serving, so it provides a small amount of protein but is not a significant source compared to whole chicken or other protein-rich foods.

Are there any allergens or additives in Swanson Chicken Broth I should be aware of?

Swanson Chicken Broth is generally free from common allergens like dairy, gluten, and soy, but it may contain natural flavors and preservatives. Always check the label for specific ingredient information if you have allergies.

How does Swanson Chicken Broth compare nutritionally to homemade chicken broth?

Swanson Chicken Broth is convenient and consistent in nutrition but typically contains higher sodium levels compared to homemade chicken broth, which can be lower in sodium and have more natural nutrients depending on preparation.

Additional Resources

1. The Ultimate Guide to Swanson Chicken Broth Nutrition

This comprehensive guide delves into the nutritional profile of Swanson chicken broth, breaking down calories, sodium content, and essential vitamins. It also offers comparisons with other popular broth brands. Readers will find practical advice on incorporating Swanson chicken broth into a balanced diet for improved health.

2. Healthy Cooking with Swanson Chicken Broth

Explore delicious recipes that highlight the nutritional benefits of Swanson chicken broth. This book emphasizes low-sodium cooking techniques and nutrient-rich meals suitable for various dietary needs. Perfect for those looking to boost flavor without sacrificing health.

3. Understanding Broth Nutrition: Swanson and Beyond

This book provides an in-depth look at the science behind broth nutrition, focusing on Swanson chicken broth as a case study. It explains how broth contributes to hydration, protein intake, and mineral consumption. Readers gain a clear understanding of broth's role in a healthy lifestyle.

4. Swanson Chicken Broth: Facts, Myths, and Nutrition

Addressing common misconceptions, this title clarifies what Swanson chicken broth contains and what it doesn't. It separates marketing hype from nutritional reality, giving readers confidence in their food choices. The book also includes tips for selecting the best broth options at the store.

5. *Low-Sodium Living with Swanson Chicken Broth*

Designed for individuals managing sodium intake, this book examines the sodium levels in Swanson chicken broth and offers strategies to reduce salt consumption. It includes flavorful recipes and meal plans that prioritize heart health without compromising taste.

6. *Broth Nutrition for Fitness Enthusiasts: Swanson's Role*

Targeted at athletes and fitness lovers, this book explains how Swanson chicken broth can support muscle recovery and hydration. It highlights the broth's protein content and electrolyte balance, making it a useful addition to workout nutrition plans.

7. *The Science of Chicken Broth: Swanson's Nutritional Insights*

This scientific approach explores the components of Swanson chicken broth, such as amino acids, minerals, and vitamins. It provides evidence-based information on how these nutrients impact health and wellness. Ideal for readers interested in the biochemical aspects of food.

8. *Swanson Chicken Broth in Weight Management*

Focusing on weight loss and maintenance, this book discusses how Swanson chicken broth can be incorporated into calorie-controlled diets. It offers meal ideas that are both satisfying and nutritious, helping readers achieve their fitness goals without feeling deprived.

9. *Cooking Light with Swanson Chicken Broth*

A collection of light, healthy recipes that make the most of Swanson chicken broth's flavor and nutrition. This book encourages mindful eating by combining broth with fresh ingredients for wholesome meals. It's perfect for those seeking nutritious options that support overall wellness.

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