

cracker barrel cheese nutrition facts

cracker barrel cheese nutrition facts provide essential information for consumers interested in understanding the dietary value of this popular cheese brand. Cracker Barrel cheese is widely recognized for its rich flavor and versatility in cooking and snacking. This article delves into the detailed nutritional profile of Cracker Barrel cheese varieties, highlighting key components such as calories, fats, proteins, vitamins, and minerals. Additionally, it explores the health implications of consuming Cracker Barrel cheese, offering insight into how it fits into various dietary needs. By understanding these nutrition facts, individuals can make informed choices when incorporating this cheese into their meals. The following sections cover the nutritional content, health benefits, potential concerns, and tips for incorporating Cracker Barrel cheese into a balanced diet.

- Cracker Barrel Cheese Nutritional Content
- Health Benefits of Cracker Barrel Cheese
- Potential Health Concerns
- Incorporating Cracker Barrel Cheese into Your Diet

Cracker Barrel Cheese Nutritional Content

Cracker Barrel cheese offers a range of nutritional components that vary slightly depending on the specific type, such as sharp cheddar, extra sharp cheddar, or mild cheddar. Understanding these nutrition facts is important for anyone tracking macronutrients or managing specific dietary restrictions. The cheese is primarily composed of fats, proteins, and essential minerals, making it a nutrient-dense food option.

Macronutrient Breakdown

The macronutrient content of Cracker Barrel cheese typically includes:

- **Calories:** Approximately 110-120 calories per one-ounce serving.
- **Total Fat:** Around 9-10 grams, with saturated fat constituting about 6 grams.
- **Protein:** Provides 7 grams of protein per serving, making it a good protein source.
- **Carbohydrates:** Very low in carbs, usually less than 1 gram per serving.

These values make Cracker Barrel cheese a high-calorie, high-fat food with a strong emphasis on protein content and minimal carbohydrates.

Vitamins and Minerals

Cracker Barrel cheese is also a valuable source of various vitamins and minerals that contribute to overall health:

- **Calcium:** Supplies approximately 20% of the daily recommended intake per serving, critical for bone health.
- **Vitamin A:** Important for vision, immune function, and skin health.
- **Phosphorus:** Works alongside calcium to maintain strong bones and teeth.
- **Zinc:** Supports immune system function and wound healing.
- **Vitamin B12:** Essential for nerve function and red blood cell production.

These micronutrients highlight the nutritional benefits of incorporating Cracker Barrel cheese into a diet.

Health Benefits of Cracker Barrel Cheese

Analyzing cracker barrel cheese nutrition facts reveals several health benefits associated with its consumption. The nutrient profile supports various bodily functions and can be a valuable component of a balanced diet when eaten in moderation.

High-Quality Protein Source

Cracker Barrel cheese provides a rich source of complete protein, containing all nine essential amino acids. Protein is vital for muscle repair, growth, and overall maintenance of body tissues. Including cheese in meals can help meet daily protein requirements, particularly in diets that may lack sufficient protein from other sources.

Bone Health Support

The high calcium and phosphorus content in Cracker Barrel cheese contributes significantly to maintaining healthy bones and teeth. Regular intake of calcium-rich foods is essential for preventing osteoporosis and ensuring proper bone density across all age groups.

Rich in Essential Fatty Acids

Despite being high in saturated fats, Cracker Barrel cheese contains conjugated linoleic acid (CLA), a fatty acid linked to various health benefits such as improved metabolism and anti-inflammatory properties. Moderate consumption can contribute positively to overall cardiovascular health.

Potential Health Concerns

While cracker barrel cheese nutrition facts demonstrate many benefits, some nutritional elements warrant caution for certain populations. Understanding these concerns can help consumers make balanced dietary choices.

Saturated Fat and Cholesterol

Cracker Barrel cheese contains a notable amount of saturated fat and cholesterol, which, when consumed in excess, may contribute to increased risk of heart disease and elevated LDL cholesterol levels. Individuals with cardiovascular conditions or at risk for heart disease should monitor their intake accordingly.

Sodium Content

Another consideration is the sodium level in Cracker Barrel cheese, which ranges from moderate to high depending on the variety. Excessive sodium intake can lead to hypertension and other cardiovascular issues. Those managing blood pressure or following low-sodium diets should be mindful of portion sizes.

Lactose Intolerance Considerations

Although cheese generally contains less lactose than milk, some lactose-intolerant individuals may still experience digestive discomfort after consuming Cracker Barrel cheese. Selecting aged varieties, which typically have lower lactose levels, can help mitigate these effects.

Incorporating Cracker Barrel Cheese into Your Diet

Cracker Barrel cheese nutrition facts support its role as a flavorful and nutritious addition to many meal plans. Incorporating this cheese appropriately can enhance meals without compromising dietary goals.

Serving Suggestions

Cracker Barrel cheese can be used in various culinary applications, including:

- Adding shredded cheese to salads, soups, and casseroles.
- Using slices in sandwiches and wraps for added protein and flavor.
- Melting cheese over vegetables or lean meats to increase palatability.
- Pairing with whole-grain crackers or fruits for balanced snacks.

Portion Control Tips

To enjoy Cracker Barrel cheese while maintaining nutritional balance, consider the following tips:

- Measure servings carefully to avoid excessive calorie and fat intake.
- Combine cheese with high-fiber foods like vegetables and whole grains.
- Choose lower-fat or reduced-sodium varieties when available.
- Limit consumption to moderate amounts, especially if managing cholesterol or sodium intake.

Complementary Foods

Pairing Cracker Barrel cheese with nutrient-dense foods can optimize overall diet quality. Examples include:

- Fresh vegetables such as bell peppers, cucumbers, or cherry tomatoes.
- Whole-grain bread or crackers for fiber and sustained energy.
- Lean proteins like turkey or chicken to balance fat intake.
- Fruits like apples or grapes to add natural sweetness and vitamins.

Frequently Asked Questions

What are the main nutritional components of Cracker Barrel cheese?

Cracker Barrel cheese primarily contains protein, fat, calcium, and calories. It is rich in protein and calcium, making it a good source for bone health, but it is also high in saturated fat and sodium.

How many calories are in one serving of Cracker Barrel cheese?

One serving of Cracker Barrel cheese, typically 1 ounce (28 grams), contains approximately 110 to 120 calories, depending on the specific variety.

Is Cracker Barrel cheese high in protein?

Yes, Cracker Barrel cheese is high in protein, with about 7 grams of protein per 1-ounce serving, contributing to muscle repair and maintenance.

What is the fat content in Cracker Barrel cheese?

Cracker Barrel cheese contains around 9 grams of total fat per 1-ounce serving, including about 6 grams of saturated fat.

Does Cracker Barrel cheese contain any carbohydrates?

Cracker Barrel cheese typically contains less than 1 gram of carbohydrates per serving, making it suitable for low-carb diets.

How much sodium is in Cracker Barrel cheese?

A 1-ounce serving of Cracker Barrel cheese contains approximately 180 to 200 milligrams of sodium, which is moderate but should be considered for low-sodium diets.

Is Cracker Barrel cheese a good source of calcium?

Yes, Cracker Barrel cheese provides about 20% of the daily recommended calcium intake per 1-ounce serving, supporting strong bones and teeth.

Are there any vitamins in Cracker Barrel cheese?

Cracker Barrel cheese contains small amounts of vitamins such as vitamin A and vitamin B12, which are important for vision, immune function, and red blood cell formation.

Additional Resources

1. *The Nutritional Breakdown of Cracker Barrel Cheeses*

This book offers a comprehensive analysis of the nutritional content found in various Cracker Barrel cheese products. It covers macronutrients, vitamins, minerals, and calorie counts, helping readers make informed dietary choices. Detailed charts and comparisons with other cheese brands are included for easy reference.

2. *Cheese and Health: Understanding Cracker Barrel Nutrition Facts*

Explore the health implications of consuming Cracker Barrel cheeses in this insightful guide. The book delves into fat content, sodium levels, and protein benefits, providing advice on moderation and incorporating cheese into a balanced diet. It also discusses lactose intolerance and cheese alternatives.

3. *From Farm to Table: The Story and Nutrition of Cracker Barrel Cheese*

Discover the journey of Cracker Barrel cheese from production to your plate, along with its nutritional profile. This book highlights sourcing practices, ingredient quality, and the impact on nutritional value. It also offers recipes that maintain the cheese's health benefits.

4. Cheese Lovers' Guide: Cracker Barrel Cheese Nutrition Facts Explained

Ideal for cheese enthusiasts, this guide breaks down the nutritional facts of popular Cracker Barrel cheeses. It explains serving sizes, calorie content, and nutrient density in an easy-to-understand format. Tips on pairing cheese with healthy foods are also provided.

5. The Science Behind Cracker Barrel Cheese Nutrition

This book presents the scientific principles that influence the nutritional makeup of Cracker Barrel cheeses. Readers will gain insight into cheese aging, fat composition, and protein structures that affect digestion and health. The book also reviews current research on cheese consumption.

6. Healthy Eating with Cracker Barrel Cheese: Nutrition Facts and Recipes

Combine nutrition knowledge with culinary creativity in this book focusing on Cracker Barrel cheeses. It offers detailed nutrition facts alongside health-conscious recipes that enhance flavor without compromising wellness. Ideal for those seeking delicious and nutritious meal ideas.

7. Cracker Barrel Cheese: A Nutritional Perspective for Dietitians

Written for nutrition professionals, this book provides an in-depth look at Cracker Barrel cheese nutrition facts. It includes case studies, dietary recommendations, and the role of cheese in various eating plans. Useful for dietitians advising clients on cheese consumption.

8. Low-Sodium and Low-Fat Options: Cracker Barrel Cheese Nutrition Facts

This focused guide addresses the challenges of managing sodium and fat intake while enjoying Cracker Barrel cheese. It identifies product options with reduced levels and suggests ways to incorporate them into a heart-healthy diet. The book also discusses label reading and portion control.

9. Understanding Dairy Nutrition: Cracker Barrel Cheese Facts and Figures

A thorough examination of dairy nutrition with a spotlight on Cracker Barrel cheese, this book educates readers about calcium, protein, and fat content. It compares Cracker Barrel cheeses to other dairy products and highlights their benefits and considerations within a balanced diet.

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