

# mccormick pure vanilla extract nutrition facts

**mccormick pure vanilla extract nutrition facts** provide valuable information for consumers seeking to understand the nutritional content of this popular baking ingredient. As an essential component in many recipes, McCormick Pure Vanilla Extract offers not only flavor but also nutritional attributes that may influence dietary choices. This article explores the detailed nutrition facts of McCormick Pure Vanilla Extract, including calorie content, macronutrients, ingredients, and potential health considerations. Additionally, it highlights how this extract fits into various dietary needs and addresses common questions about its use. By examining these aspects, readers can make informed decisions regarding the incorporation of McCormick Pure Vanilla Extract into their culinary practices.

- Overview of McCormick Pure Vanilla Extract
- Detailed Nutrition Facts
- Ingredients and Their Impact
- Health Considerations and Dietary Compatibility
- Usage Tips and Storage Recommendations

## Overview of McCormick Pure Vanilla Extract

McCormick Pure Vanilla Extract is a widely used flavoring derived from vanilla beans, known for its rich and aromatic profile. It is a staple in baking, cooking, and beverage preparation, enhancing the taste of desserts, pastries, and other culinary creations. Understanding the nutritional makeup of McCormick Pure Vanilla Extract is essential for those monitoring their intake of calories, sugars, or alcohol content. The extract is made following strict quality standards to ensure purity and consistency, which contributes to its established reputation in the market.

## Production and Quality Standards

The extraction process involves soaking cured vanilla beans in a mixture of alcohol and water, which helps to release the natural flavors and aromatic compounds. McCormick adheres to FDA guidelines for vanilla extract production, ensuring the product contains at least 35% alcohol by volume and a minimum amount of vanilla bean solids. This commitment to quality impacts

both the flavor intensity and the nutritional profile of the extract.

## Common Uses in Culinary Applications

McCormick Pure Vanilla Extract is versatile and commonly used in recipes ranging from cakes and cookies to sauces and beverages. Its concentrated flavor means only a small amount is typically required, which also impacts the overall nutritional contribution to a dish.

## Detailed Nutrition Facts

The nutrition facts of McCormick Pure Vanilla Extract reveal important information about its calorie content, macronutrients, and other nutritional components. Due to its use in small quantities, the extract contributes minimally to daily caloric intake but understanding these values is crucial for accurate dietary tracking.

## Caloric Value and Serving Size

One teaspoon (approximately 4.2 grams) of McCormick Pure Vanilla Extract typically contains about 12 calories. This calorie count arises primarily from the alcohol and trace amounts of sugars present in the extract. Serving sizes in recipes are often smaller than a teaspoon, which further reduces the caloric impact.

## Macronutrients Breakdown

The macronutrient content per teaspoon includes:

- **Carbohydrates:** Approximately 0.5 grams, mostly from natural sugars extracted from the vanilla bean.
- **Fats:** Negligible, as the extract contains no significant fat content.
- **Proteins:** Negligible, with virtually no protein present.

Alcohol constitutes a significant portion of the extract but does not provide macronutrients typically tracked in nutrition labels.

## Micronutrients and Other Components

McCormick Pure Vanilla Extract contains trace amounts of micronutrients such as potassium and antioxidants derived from vanilla beans. However, these

levels are minimal and generally do not contribute significantly to daily nutritional requirements. The extract's primary nutritional role remains as a flavor enhancer rather than a source of essential nutrients.

## **Ingredients and Their Impact**

The composition of McCormick Pure Vanilla Extract affects both its flavor and nutrition profile. Understanding the ingredients helps clarify the source of its nutritional values and potential dietary considerations.

### **Core Ingredients**

The primary ingredients in McCormick Pure Vanilla Extract include:

- Pure vanilla bean extractives
- Alcohol (typically around 35% by volume)
- Water

The blend of these ingredients ensures a balance between flavor concentration and product stability.

### **Alcohol Content and Nutritional Implications**

Alcohol serves as the solvent that extracts the flavor compounds from the vanilla beans. While alcohol contributes calories, the amount used in recipes is generally minor, resulting in minimal alcohol intake per serving. However, individuals avoiding alcohol for health or personal reasons should be aware of its presence in the extract.

### **Absence of Additives and Preservatives**

McCormick Pure Vanilla Extract is free from artificial additives, preservatives, and sweeteners, differentiating it from imitation vanilla products. This natural composition aligns with consumer preferences for clean-label ingredients and affects the nutritional content by limiting unnecessary additives.

## **Health Considerations and Dietary Compatibility**

When considering McCormick Pure Vanilla Extract nutrition facts, it is important to evaluate its suitability for various dietary needs and potential

health impacts.

## **Caloric Impact and Weight Management**

Due to its low calorie count per serving, McCormick Pure Vanilla Extract is unlikely to significantly affect caloric intake or weight management efforts when used in typical culinary amounts. Its concentrated flavor allows for minimal usage, making it a calorie-conscious choice for flavor enhancement.

## **Allergen Information and Sensitivities**

The extract is generally free from common allergens such as gluten, dairy, soy, and nuts. However, individuals with sensitivities to alcohol or vanilla compounds should exercise caution. The product labeling typically provides allergen information to assist consumers in making safe choices.

## **Dietary Restrictions and Suitability**

McCormick Pure Vanilla Extract is suitable for a variety of diets, including:

- Gluten-free diets
- Vegetarian and vegan diets
- Low-fat and low-cholesterol diets

However, anyone avoiding alcohol for religious or health reasons should consider alcohol-free vanilla flavoring alternatives.

## **Usage Tips and Storage Recommendations**

Proper usage and storage of McCormick Pure Vanilla Extract help maintain its flavor quality and nutritional integrity.

## **Optimal Usage in Recipes**

To maximize flavor while minimizing caloric and alcohol contribution, use McCormick Pure Vanilla Extract sparingly, typically one to two teaspoons per recipe. It is best added during the final stages of baking or cooking to preserve its aromatic properties.

## **Storage Guidelines**

Store the vanilla extract in a cool, dark place away from direct sunlight and heat sources. Keeping the bottle tightly sealed prevents evaporation of alcohol and flavor compounds, ensuring consistent quality over time.

## **Shelf Life Considerations**

Due to its alcohol content, McCormick Pure Vanilla Extract has a long shelf life, often remaining usable for several years when stored properly. The flavor may intensify or mellow with age, but the nutritional profile remains relatively stable.

## **Frequently Asked Questions**

### **What are the main ingredients in McCormick Pure Vanilla Extract?**

McCormick Pure Vanilla Extract contains vanilla bean extractives, alcohol, and water.

### **How many calories are in one teaspoon of McCormick Pure Vanilla Extract?**

One teaspoon of McCormick Pure Vanilla Extract contains approximately 12 calories.

### **Does McCormick Pure Vanilla Extract contain any fat or cholesterol?**

No, McCormick Pure Vanilla Extract contains 0 grams of fat and 0 milligrams of cholesterol per serving.

### **Is McCormick Pure Vanilla Extract free from carbohydrates and sugars?**

McCormick Pure Vanilla Extract contains less than 1 gram of carbohydrates and sugars per teaspoon.

### **How much sodium is in McCormick Pure Vanilla Extract?**

McCormick Pure Vanilla Extract contains 0 milligrams of sodium per serving.

## **Does McCormick Pure Vanilla Extract contain any protein?**

No, McCormick Pure Vanilla Extract does not contain any significant amount of protein.

## **Is McCormick Pure Vanilla Extract gluten-free?**

Yes, McCormick Pure Vanilla Extract is gluten-free.

## **Can McCormick Pure Vanilla Extract be used in sugar-free or low-calorie recipes?**

Yes, since McCormick Pure Vanilla Extract contains very few calories and sugars, it is suitable for sugar-free or low-calorie recipes.

## **Does McCormick Pure Vanilla Extract contain any allergens?**

McCormick Pure Vanilla Extract does not contain common allergens such as nuts, dairy, or gluten.

## **Is alcohol present in McCormick Pure Vanilla Extract and how much?**

Yes, McCormick Pure Vanilla Extract contains alcohol as a solvent, typically around 35% alcohol by volume.

## **Additional Resources**

### *1. The Nutritional Profile of McCormick Pure Vanilla Extract*

This book delves into the specific nutritional components found in McCormick Pure Vanilla Extract. It explores the calorie content, potential allergens, and the presence of any additives or preservatives. Readers will gain a clear understanding of how this popular baking ingredient fits into a balanced diet.

### *2. Vanilla Extract and Its Health Benefits: A Comprehensive Guide*

Focusing on vanilla extract, this guide covers the possible health advantages and nutritional value of using McCormick Pure Vanilla Extract. It discusses antioxidants, natural compounds, and how vanilla can contribute to overall wellness. The book also compares pure vanilla extract with synthetic alternatives.

### *3. Understanding Food Labels: The Case of McCormick Vanilla Extract*

This book teaches readers how to interpret nutrition labels with McCormick Pure Vanilla Extract as a case study. It breaks down serving sizes,

ingredient lists, and nutritional facts, helping consumers make informed choices. Ideal for those interested in food science and label literacy.

#### 4. *Baking with McCormick: Nutrition Facts and Flavor Insights*

A practical guide that combines the nutritional information of McCormick Pure Vanilla Extract with baking tips. Readers learn how the extract affects the nutritional content of baked goods and how to substitute it without compromising flavor or health. Recipes included emphasize balanced nutrition.

#### 5. *Pure Vanilla Extract: From Bean to Bottle and Nutritional Impact*

This book traces the journey of vanilla beans into McCormick Pure Vanilla Extract and examines the resulting nutritional profile. It highlights processing methods, purity standards, and how these factors influence nutrition. Perfect for food enthusiasts and culinary students.

#### 6. *McCormick Vanilla: Ingredients, Nutrition, and Culinary Uses*

A detailed look at McCormick's vanilla products focusing on ingredients and nutrition facts. This book discusses how pure vanilla extract compares to other flavoring agents and provides insights into its culinary versatility. It also covers health considerations and labeling.

#### 7. *Low-Calorie Flavoring: Using McCormick Pure Vanilla Extract in Healthy Cooking*

This book emphasizes the use of McCormick Pure Vanilla Extract as a low-calorie flavor enhancer. It presents nutritional facts that support its use in weight-conscious recipes and offers creative ideas for incorporating vanilla into healthy meals and desserts.

#### 8. *The Science of Vanilla Extract: Composition and Nutritional Facts*

Exploring the chemical composition of McCormick Pure Vanilla Extract, this book explains its nutritional facts at a molecular level. It provides scientific insight into flavor compounds, calories, and other nutritional elements. Suitable for readers interested in food chemistry.

#### 9. *Vanilla Extract Nutrition Myths and Facts: What McCormick Tells Us*

This book addresses common misconceptions about the nutrition of vanilla extract, using McCormick Pure Vanilla Extract as the primary example. It separates myth from reality regarding calories, sugar content, and health effects. A reliable resource for dispelling nutrition myths.

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