

swanson chicken broth nutrition label

swanson chicken broth nutrition label is an essential reference for consumers seeking to understand the nutritional content of this popular cooking ingredient. Swanson chicken broth is widely used in recipes for its rich flavor and convenience, making it a staple in many kitchens. Knowing the nutrition label details helps individuals manage their dietary intake, especially those monitoring calories, sodium, protein, and other nutrients. This article provides a comprehensive overview of the Swanson chicken broth nutrition label, including its macronutrient profile, ingredient list, and health considerations. Additionally, it explores the benefits of incorporating Swanson chicken broth into meals and compares it with alternative broth options. The detailed analysis serves to inform consumers about what they are consuming and how it fits into a balanced diet. Below is a structured guide to the content covered in this article.

- Understanding the Swanson Chicken Broth Nutrition Label
- Macronutrient Breakdown
- Key Vitamins and Minerals
- Ingredient Analysis
- Health Implications of Swanson Chicken Broth
- Using Swanson Chicken Broth in a Healthy Diet
- Comparison with Other Broth Brands

Understanding the Swanson Chicken Broth Nutrition Label

The Swanson chicken broth nutrition label provides detailed information about the nutrient content per serving, helping consumers make informed choices. Nutrition labels are standardized and regulated to display key facts such as calories, fats, sodium, carbohydrates, and proteins. For Swanson chicken broth, the label reflects its composition as a liquid broth primarily made from chicken stock, water, and seasonings. The label is typically found on the packaging and is designed to comply with FDA regulations for packaged foods.

Serving Size and Packaging

Swanson chicken broth is commonly sold in various packaging sizes, including cartons and cans. The nutrition label usually specifies a standard serving size, often one cup (240 ml), which is the amount typically used in recipes or consumed as a broth. Understanding the serving size is critical, as nutritional values are based on this quantity. Consumers should adjust the values according to the amount they use in cooking or drinking.

Reading the Label

The nutrition label includes essential sections such as calories, total fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein. Each nutrient is listed with its respective quantity per serving and the corresponding daily value percentage based on a 2,000-calorie diet. This helps consumers gauge how the broth fits into their overall daily nutrient needs.

Macronutrient Breakdown

The macronutrient profile of Swanson chicken broth is a crucial aspect of its nutrition label. This section elaborates on the types and amounts of macronutrients found in the broth, which influence its caloric value and suitability for various diets.

Calories

Swanson chicken broth is generally low in calories, making it a favorable option for those seeking a flavorful liquid base without adding significant caloric load. A typical serving contains approximately 15 to 20 calories, depending on the specific product variation.

Fat Content

The broth contains minimal fat, often less than 1 gram per serving. This includes negligible amounts of saturated fat and no trans fat, which aligns with dietary recommendations for heart health. The low fat content also makes it suitable for low-fat diets.

Protein

Protein content in Swanson chicken broth is modest, usually around 1 to 2 grams per serving. While it is not a significant protein source compared to whole chicken or meat, the protein present contributes to the broth's savory

flavor and nutritional value.

Carbohydrates

Carbohydrate levels in Swanson chicken broth are very low, often under 1 gram per serving. The broth contains little to no dietary fiber or sugars, making it an excellent choice for low-carbohydrate and keto-friendly diets.

Key Vitamins and Minerals

Though primarily valued for its flavor and hydration, Swanson chicken broth also contains trace amounts of essential vitamins and minerals. The nutrition label indicates the presence and quantity of these micronutrients.

Sodium Content

One of the most significant nutritional considerations for Swanson chicken broth is its sodium level. A single serving typically contains between 800 to 900 milligrams of sodium, accounting for about 35-40% of the recommended daily intake. High sodium content is common in broths as it enhances flavor and acts as a preservative. Consumers monitoring sodium intake should be aware of this and consider low-sodium versions if necessary.

Other Minerals

Swanson chicken broth contains small amounts of minerals such as potassium, calcium, and iron. These contribute marginally to daily nutrient intake but can support overall mineral balance when consumed as part of a varied diet.

Vitamins

Vitamins are present in minimal quantities, including some B vitamins derived from the chicken broth base. These micronutrients play roles in energy metabolism and overall health but are not a significant source from the broth alone.

Ingredient Analysis

The ingredient list on the Swanson chicken broth packaging complements the nutrition label by revealing the components used to create the broth. Understanding these ingredients helps consumers identify potential allergens and dietary preferences.

Typical Ingredients

- Chicken stock
- Water
- Salt
- Monosodium glutamate (MSG) – used in some varieties
- Natural flavors
- Vegetable extracts (such as onion and celery)
- Caramel color (in some versions)

Most Swanson chicken broth products do not contain artificial preservatives or additives beyond those necessary for flavor and preservation. Some varieties are specifically labeled as low-sodium or organic, offering alternatives for health-conscious consumers.

Allergen Information

Swanson chicken broth typically does not contain common allergens such as dairy, gluten, or soy. However, individuals with sensitivities should always review the ingredient list and nutrition label to ensure safety.

Health Implications of Swanson Chicken Broth

Understanding the nutrition label of Swanson chicken broth informs its health impact when incorporated into diets. Its low calorie and fat content make it suitable for weight management, while the sodium content requires attention for heart health.

Benefits

- Low in calories and fat, supporting weight control
- Provides hydration and electrolytes through broth consumption
- Contains protein, aiding in satiety and muscle maintenance
- Convenient source of flavor for enhancing meals without added calories

Considerations

The high sodium content may pose challenges for individuals with hypertension or those on sodium-restricted diets. Selecting low-sodium varieties or diluting the broth with water can help mitigate this issue. Additionally, the presence of MSG in some formulations may be a concern for sensitive individuals, though it is generally recognized as safe by regulatory agencies.

Using Swanson Chicken Broth in a Healthy Diet

Swanson chicken broth is versatile and can be integrated into a balanced diet in multiple ways. Its nutrition label informs appropriate usage to optimize health benefits.

Culinary Uses

- Base for soups and stews
- Flavor enhancer for rice, grains, and vegetables
- Ingredient in sauces and gravies
- Hydrating warm beverage option

Portion Control and Preparation Tips

To align with nutritional goals, consider measuring servings according to the label and avoiding excessive use that increases sodium intake. Using the broth as a component in larger recipes allows for balanced flavor with controlled nutrient consumption. Low-sodium versions provide flexibility for those monitoring salt intake.

Comparison with Other Broth Brands

Swanson chicken broth is a market leader, but comparing its nutrition label with other brands can help consumers choose the best option for their needs. Many brands offer similar calorie and fat profiles but may differ significantly in sodium content and ingredient quality.

Key Differences

- Sodium levels vary widely; some brands offer reduced-sodium formulations with less than half the sodium of regular broths
- Ingredients such as organic chicken stock or absence of MSG may differentiate product lines
- Flavor intensity and seasoning profiles can influence consumer preference
- Packaging size and availability of single-serving options affect convenience

Consumers seeking the healthiest choice should prioritize low sodium, minimal additives, and natural ingredients, which some Swanson products provide alongside competitive pricing and wide distribution.

Frequently Asked Questions

What are the main ingredients listed on the Swanson Chicken Broth nutrition label?

The main ingredients typically include chicken broth (water, chicken), salt, and sometimes added flavorings or preservatives, but it's best to check the specific label for exact details.

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

One cup (240 ml) of Swanson Chicken Broth generally contains about 15 calories.

What is the sodium content in a serving of Swanson Chicken Broth?

A serving of Swanson Chicken Broth usually contains around 860 mg of sodium, which is about 36% of the daily recommended value.

Does Swanson Chicken Broth contain any allergens according to the nutrition label?

Swanson Chicken Broth is generally free from common allergens like dairy,

gluten, and nuts, but it's important to review the packaging for any specific allergen statements.

How much protein is in one serving of Swanson Chicken Broth?

One serving of Swanson Chicken Broth contains approximately 1 gram of protein.

Are there any added sugars in Swanson Chicken Broth according to the nutrition label?

Swanson Chicken Broth typically contains 0 grams of added sugars.

Is Swanson Chicken Broth low in fat based on its nutrition label?

Yes, Swanson Chicken Broth is low in fat, usually containing less than 1 gram of total fat per serving.

What vitamins and minerals are listed on the Swanson Chicken Broth nutrition label?

The nutrition label may list small amounts of vitamins and minerals such as sodium, and possibly some potassium, but it is generally not a significant source of vitamins or minerals.

How does the nutrition label of Swanson Chicken Broth reflect its suitability for low-calorie diets?

With only about 15 calories per serving and low fat and protein content, Swanson Chicken Broth is suitable for low-calorie diets as a flavorful, low-calorie liquid base.

Additional Resources

1. Understanding Swanson Chicken Broth: A Nutritional Guide

This book dives deep into the nutritional components found in Swanson Chicken Broth, breaking down each ingredient and its health benefits. It explains how to read and comprehend nutrition labels, making it easier for consumers to make informed dietary choices. The guide also compares Swanson's broth with other brands, highlighting its unique qualities.

2. The Science Behind Chicken Broth Nutrition

Explore the science that goes into creating wholesome chicken broths like Swanson's. This book covers the nutritional content, including protein,

sodium, and vitamins, and how these elements contribute to overall health. It also discusses the impact of broth consumption on hydration and digestion.

3. Healthy Cooking with Swanson Chicken Broth

A practical cookbook that not only provides delicious recipes using Swanson Chicken Broth but also emphasizes its nutritional benefits. Readers will learn how to incorporate broth into various dishes while maintaining balanced nutrition. The book includes tips for selecting broth based on nutritional labels.

4. Decoding Nutrition Labels: The Case of Swanson Chicken Broth

This guide teaches readers how to interpret nutrition labels using Swanson Chicken Broth as a case study. It explains terms like calories, fat content, sodium levels, and serving sizes in an easy-to-understand way. The book aims to empower consumers to make healthier food choices.

5. Swanson Chicken Broth and Its Role in a Balanced Diet

Focus on how Swanson Chicken Broth fits into a healthy eating plan, considering its nutritional profile. The book examines its low-calorie content, protein levels, and potential sodium concerns. It also offers suggestions for pairing broth with other nutrient-rich foods.

6. Comparative Nutrition of Popular Chicken Broths

This book compares the nutrition labels of Swanson Chicken Broth with other leading brands, analyzing differences in caloric content, sodium, and additives. It provides guidance on selecting the healthiest option based on individual dietary needs. The book is ideal for consumers seeking detailed nutritional comparisons.

7. The Impact of Sodium in Swanson Chicken Broth

An in-depth look at the sodium content in Swanson Chicken Broth and its implications for health. The book discusses recommended daily sodium intake, potential risks of excess sodium, and how to enjoy broth without overconsumption. It includes strategies for reducing sodium while preserving flavor.

8. Protein and Hydration: Benefits of Swanson Chicken Broth

Highlighting the protein content and hydrating properties of Swanson Chicken Broth, this book explores its benefits for athletes, the elderly, and those recovering from illness. It presents scientific research supporting broth as a nutritious fluid source. Practical advice on incorporating broth into daily hydration routines is included.

9. Swanson Chicken Broth: Ingredients and Nutritional Insights

This book provides a detailed breakdown of each ingredient found in Swanson Chicken Broth and their nutritional contributions. It clarifies common additives and preservatives, helping readers understand what they consume. The book serves as a comprehensive resource for health-conscious individuals.

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