

American cheese slice nutrition information

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Nutrition Facts

8 servings per container

Serving size 1/4 cup (28g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 220mg 10%

Total Carbohydrates 1g 0%

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0.1mcg **0%**

Calcium 200mg **15%**

Iron 0mg **0%**

Potassium 45mg **0%**

Vitamin A 65mcg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (rBGH-BST HORMONE FREE CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES), PROVOLONE CHEESE (rBGH-BST HORMONE FREE CULTURED PASTEURIZED MILK, SALT, ENZYMES), ANTICAKE (POTATO STARCH, POWDERED CELLULOSE). CONTAINS: MILK

How many carbs in 1 slice american cheese. Calories in slice american cheese. How many calories are in a slice of american cheese.

Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Medically reviewed by Kathy W. Warwick, R.D., CDE. Nutrition — Written by Anna Schaefer — Updated on March 31, 2022Health benefitsRisksAllergies and intolerancesTypesNutrition factsTakeawayWhen it comes to cheese, people often say they love it so much they can't live without it — but worry that it could cause heart disease or unwanted weight gain.The truth is that cheese is what's known as a whole food. Whole foods are generally good for you, as long as you don't eat too much of one thing. In this article, we'll give you all the information you need to make healthy choices about eating cheese. There are many healthy options to choose from when it comes to cheese, and many potential ways it can benefit your health.It's a good source of nutrientsCheese is a great source of calcium, fat, and protein. It also contains high amounts of vitamins A and B12, along with zinc, phosphorus, and riboflavin. According to U.S. Dairy, the overall nutritional profile of conventional, organic, and grass-fed dairy products is similar. Grass-fed cheese is made from the milk of 100 percent grass-fed animals. A diet high in grass-fed dairy may provide a healthier balance of omega-6 and omega-3 fatty acids than diets that rely on conventional dairy. Omega-3 fats are important for heart and metabolic health.While grass-fed dairy products cost more than standard versions, some people may choose to purchase them for their higher omega-3 content. More research is needed to understand if this difference in nutrients is large enough to have significant benefits in an average U.S. diet. It could protect your teeth from cavitiesAccording to some studies, cheese — and dairy products in general — could work to protect your teeth from cavities. In a Danish study from 2015, children with an above-average dairy intake were more likely to be cavity-free after 3 years than those with a below-average intake.It's a source of conjugated linoleic acid (CLA)High-fat cheeses like blue cheese, Brie, and cheddar contain small amounts of conjugated linoleic acid (CLA). CLA is a healthy fat that may help prevent obesity and heart disease, and may reduce inflammation. Cheddar cheese sourced from 100 percent grass-fed animals was found to contain twice as much CLA as conventional cheddar. But it's not clear whether switching to grass-fed cheese would have overall nutritional benefits in an average U.S. diet. It could be good for your heartAccording to 2018 research, fermented dairy products, such as yogurt and cheese, have a positive effect on cardiovascular health. In the same study, full-fat dairy products appeared to provide greater nutrition and have anti-inflammatory properties. Is a cheese addiction unhealthy? Knowing the benefits and the risks associated with eating cheese can help you to make more informed choices. Cheese may have undesired effects if it's contaminated, or if you have certain health conditions or dietary needs. Listeria contaminationSoft cheeses and blue-veined cheeses can sometimes become contaminated with listeria, especially if they are made with unpasteurized or "raw" milk. Eating listeria-contaminated foods can cause illness.Examples of at-risk cheeses include:BrieCamembertqueso frescoqueso blancoqueso panelabluveined cheesesfetaThe Centers for Disease Control and Prevention (CDC) recommends avoiding eating soft cheeses unless the label clearly states that the product was made with pasteurized milk. This is especially important for:Health conditions and special dietsCheese contains many important nutrients. But it is also:High in calories. Cheese is a calorie-dense food. Depending on the variety of cheese you eat, you're getting about 100 calories per ounce.High in saturated fat. Cheese in high fat, including saturated fat. Some experts, though not all, advise limiting your intake of saturated fat.High in salt. It's also usually loaded with sodium, which can be an issue for people with high blood pressure. Low in fiber. Cheese contains no fiber, and eating a diet containing very high amounts of dairy may cause constipation.Some people may limit or avoid cheese due one or more of these factors. If you aren't sure whether cheese is appropriate for your diet, a registered dietitian can help. Some people avoid cheese due to conditions such as lactose intolerance or a milk allergy.Lactose intoleranceCheese contains lactose, a sugar that can't be digested by lactose intolerant people because their bodies lack the enzyme that breaks it down. In these cases, eating lactose can lead to digestive problems including gas, bloating, and diarrhea.Fortunately, many firm, aged cheeses are low in lactose. Examples include Parmesan, Swiss, and cheddar. People with lactose intolerance may be able to tolerate these cheeses in small amounts. Some people can use lactase pills or drops to prevent symptoms, but it's best to talk with a doctor before trying it. If you decide to try lactase supplements, a pharmacist or registered dietitian can help you get started. Milk allergyPeople who are allergic to milk are unable to eat cheese or other foods containing dairy. A milk allergy means that your body has an immune reaction to one or more proteins in milk, such as casein. Casein is one of the main proteins found in milk, and it's also an ingredient in some soy-based cheeses. Milk allergy symptoms can appear early in life, before age 1. While symptoms vary, it can be a life-threatening condition for some people. There are thousands of different varieties of cheeses made around the world. Many cheeses made in the United States use cow's milk, but cheese can also be made from the milk of goats, sheep, and other animals.Whole milk. Whole milk cheeses are made from regular, unskimmed milk. They can be high in saturated fat, so people with cardiovascular disease or high cholesterol may choose to limit their intake.Low-fat and reduced-fat. In the United States, cheeses labelled "low-fat" must contain 3 grams of fat or less per serving. A "reduced-fat" cheese has at least 25 percent less fat than the regular version of the cheese.Aged. Aged cheeses include cheddar, Parmesan, and Swiss. They are firm in texture, and some can be high in salt. Aged cheeses are stored before they are ready to sell, so they have time to mature. The aging process tends to create stronger flavors. Fresh. Fresh cheeses such as ricotta and cottage cheese are generally high in moisture and soft in texture. They're ready to be eaten quickly, without needing time to age, so they are known as "fresh" cheeses."Cheeses" that aren't really cheeseYou might be surprised to learn that some foods that we commonly refer to as cheese, are not actually cheese.Processed. Processed cheese products like American cheese are made by mixing a cheese with other cheeses or dairy products. Other ingredients may be added in small amounts to enhance flavor, texture, or storage time. While they are made with cheese, they are actually called "pasteurized process cheese food." Processed options tend to be higher in sodium than other cheeses.Non-dairy. Non-dairy cheeses are made from plant-based ingredients, like nuts, soy, and coconut. A 2021 Spanish study of store-bought vegan cheeses recommended opting for cashew-based and tofu-based products. Coconut-based cheeses, although popular, are highly processed and much less nutritious.Nutrition profiles vary widely from one type of cheese to the next. For example, mozzarella contains 85 calories and 6.3 grams of fat per ounce.Compare that to Brie, which has 95 calories and 7.9 grams of fat.If you want to stick with lower-calorie cheeses, try part-skim mozzarella, Swiss cheese, and feta cheese.If sodium is a concern, try Swiss, which contains only 53 milligrams per ounce. You may want to avoid feta, which has 323 milligrams of sodium per ounce.In general, sodium is higher in harder cheeses, as they require more salt in the aging process. But you can look for lower-sodium varieties of your favorite cheeses.Brie (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 95 Carbs: 0.1 gramsFat: 7.9 gramsProtein: 6 gramsCalcium: 4% of the DVSNodium: 8% of the DVCheddar (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 114Carbs: 1 gramFat: 9.4 gramsProtein: 6.4 gramsCalcium: 15% of the DVSNodium: 8% of the DVFeta (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 75Carbs: 1.1 gramsFat: 6.1 gramsProtein: 4 gramsCalcium: 11% of the DVSNodium: 14% of the DVGouda (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 101Carbs: 0.6 gramsFat: 8.8 gramsProtein: 7.1 gramsCalcium: 15% of the DVSNodium: 10% of the DVMozzarella (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 85Carbs: 0.7 gramsFat: 6.3 gramsProtein: 6.3 gramsCalcium: 11% of the DVSNodium: 6% of the DVSwiss (1 ounce, or 28 grams)Illustration by Ruth BasagoitiaCalories: 111Carbs: 0.4 gramsFat: 8.8 gramsProtein: 7.7 gramsCalcium: 15% of the DVSNodium: 10% of the DVAmerican (1 ounce, or 28 grams)Illustration by Alyssa KieferCalories: 102Carbs: 1.3 gramsFat: 8.6 gramsProtein: 5.1 gramsCalcium: 22% of the DVSNodium: 20% of the DVNon-dairy coconut-based cheddar style slice (0.8 ounces, or 22 grams) Illustration by Alyssa KieferCalories: 60Carbs: 4 gramsFat: 5 gramsProtein: 0 gramsCalcium: 11% of the DVSNodium: 7% of the DVNote: A 1-ounce (28 gram) serving of cheese is about the size of a 1-inch cube, or 1 slice of American cheese. Nutritional values for the non-dairy option are provided for a slightly smaller, 0.8 ounce slice. All cheeses above are full-fat versions.In general, cheese is a healthy and delicious source of many nutrients. For most people, a balanced diet can include cheese. Occasionally snacking on cheese or having a few crumbles with your salad or sprinkled over vegetables isn't likely to cause problems, unless you're lactose intolerant or allergic to milk.But eating too much of any one food isn't recommended — no matter how much you might love your Swiss or Brie. And if you're usually pairing cheese with processed foods like pizza crust, pepperoni, or crackers, you might be cancelling out cheese's benefits. Last medically reviewed on March 31, 2022Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations. We avoid using tertiary references. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Benbrook CM, et al. (2018). Enhancing the fatty acid profile of milk through forage-based rations, with nutrition modeling of diet outcomes.onlineLibrary.wiley.com/doi/full/10.1002/fsn.3.610CFR - Code of Federal regulations Title 21. (2022).accessdata.fda.gov/scripts/cdrh/cdtdocs/cfcfrcfresearch.cfm?r=133.173Definition & facts for lactose intolerance. (2018).nidk.nih.gov/health-information/digestive-diseases/lactose-intolerance/definition-factsDehghan M, et al. (2017). Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): A prospective cohort study.ncbi.nlm.nih.gov/pubmed/28864332/Fresán U, et al. (2021). Nutritional quality of plant-based cheese available in Spanish supermarkets: How do they compare to dairy cheese?ncbi.nlm.nih.gov/labs/pmc/articles/PMC8465168/Is low-fat or full-fat the better choice for dairy products? (2021).health.harvard.edu/staying-healthy/is-low-fat-or-full-fat-the-better-choice-for-dairy-productsJarvis J. (2018). Organic milk and omega-3: Understanding the labels.usdairy.com/news-articles/organic-milk-and-omega-3-understanding-the-labelsKim JH, et al. (2016). Conjugated linoleic acid: Potential health benefits as a functional food ingredient.ncbi.nlm.nih.gov/pubmed/26735796Lempert SM, et al. (2015). Association between dairy intake and caries among children and adolescents: Results from the Danish EYHS follow-up study.karger.com/Article/Abstract/375505Listeria (listeriosis): Prevention. (2019).cdc.gov/listeria/prevention.htmlLordan R, et al. (2018). Dairy fats and cardiovascular disease: Do we really need to be concerned?ncbi.nlm.nih.gov/pubmed/29494487O'Callaghan TF, et al. (2017). Effect of pasture versus indoor feeding systems on quality characteristics, nutritional composition, and sensory and volatile properties of full-fat cheddar cheese.journalofdiaryscience.org/article/S0022-0302(17)30594-5/fulltext#secesite3405rednicka-Tober D, et al. (2016). Higher PUFA and n-3 PUFA, conjugated linoleic acid, n-tocopherol and iron, but lower iodine and selenium concentrations in organic milk: A systematic literature review and meta- and redundancy analyses.ncbi.nlm.nih.gov/labs/pmc/articles/PMC4838834/Swarte JC, et al. (2020). Effect of high versus low dairy consumption on the gut microbiome: Results of a randomized, cross-over study.ncbi.nlm.nih.gov/labs/pmc/articles/PMC7400927/Understanding food terms. (2020).cancer.org/healthy/eat-healthy-get-active/take-control-your-weight/understanding-food-labels.htmlU.S. Department of Agriculture, Agricultural Research Service. (2019). FoodData Central. lbr>The McDonald's Bacon, Egg & Cheese Breakfast sandwich features a warm, buttermilk biscuit brushed with real butter, thick cut Applewood smoked bacon, a fluffy folded egg, and a slice of meltly American cheese. There are 460 calories in ... 21/08/2007 - There are 86 calories in 1 slice of Mozzarella Cheese. ... Nutrition Facts. Serving Size: 1 slice (1 oz) Amount Per Serving. Calories. 86 % Daily Values* Total Fat. 5.68g. 7%. Saturated Fat. ... Best Choice Deluxe Sliced American Cheese: Good & Gather Reduced Fat Mozzarella Cheese: 27/06/2018 - A slice of New York-style cheese pizza is 190 calories. One slice is one-eighth the pizza (but they're big, 18-inch pies). A slice of cheese pizza with "hand-tossed" crust at Pizza Hut is 289 calories. One slice is one-eighth of the pizza. A slice of cheese pizza in U.S. School Lunches is 303 calories. One slice is a 4x6-inch rectangle. ... McDonald's Sausage McMuffin® with Egg features a savory hot sausage, a slice of meltly American cheese, and a delicious freshly cracked egg all on a freshly toasted English muffin. There are 480 calories in Sausage McMuffin® with Egg at McDonald's. Use Mobile Order & Pay to pass the line, only on the McDonald's App! 07/05/2020 - There are 96 calories in 1 slice of American Cheese. Get full nutrition facts and other common serving sizes of American Cheese including 1 cubic inch and 100 g. Register

... There are 96 calories in 1 slice of American Cheese. Calorie breakdown: 69% fat, 8% carbs, 22% protein. Common Serving Sizes: Serving Size Calories; 1 cubic ... Menu With Nutrition > Restaurant Foods > Domino's Pizza. 10 categories in total; ... products from Domino's Pizza and get their nutritional information. Packaged Meals. Cheeseburger Hand Tossed Crust Pizza. 1 slice, 1/6 small pizza (3.4 oz) 270 Cal. Breakfast. ... American Cheese. Portion for 14 inch Large Crunchy Thin Crust Pizza. 1 slice ... Buy American cheese in Australia for making great burgers. ... and bequette. The Hi-Melt Burger slices sit atop in terms of popularity. Its 24-gram slice and a high-melting point is ideal to craft a great burger. Next in the line is the Thins Burger ... Nutrition. Serving Size: 1 slice approx 22.5g; Servings Per Pack: 40; Energy: 1575kj / 100g ... However you slice it, Land O Lakes® Deli American is THE go-to. Available in white and yellow at your favorite deli. Deli American Ingredients. Cultured Pasteurized Milk And Skim Milk, Buttermilk, ... See Nutrition Information for Fat. ... especially ones topped with melty American cheese are having a moment. However you slice it, Land O Lakes® Deli American is THE go-to. Available in white and yellow at your favorite deli. Deli American Ingredients. Cultured Pasteurized Milk And Skim Milk, Buttermilk, ... See Nutrition Information for Fat. ... especially ones topped with melty American cheese are having a moment. 01/03/2022 - As the saying goes, there's nothing more American than a slice of apple pie—or a piece of shiny orange cheese. With a flavor that's simple enough to complement any burger and an unbreakable consistency for stringy cheese pulls from your grilled cheese sandwich, it's a classic.But American singles and Velveeta aren't like cheddar, brie or gouda. All nutritional information is derived from a computer analysis of recipes with the help of Genesis R&D Food Formulation & Labeling Software, Version 9.12.1, from ESHA Research in Salem, Oregon, and data provided by the suppliers of our food items.The nutrition information provided is based on standard recipes that may vary based on portion size, regional and seasonal ... 20/09/2021 - If you're trying to follow a healthy, whole-foods diet, you may wonder whether American cheese can fit into it. This article explores the nutrition, benefits, and downsides of American cheese. Pizza Hut Nutrition Information, Calories, Allergens. Pizza Hut Nutrition Information, Calories, ... 1 serving = 1 slice = 1/4 of pizza, American Chicken Club *Local Specialty* ... Cheese Pan Slice (Buffet) 160: 60: 7: 3: 0: 15: 290: 19: 1 < 1: 7: The McDonald's Bacon, Egg & Cheese Biscuit breakfast sandwich features a warm, buttermilk biscuit brushed with real butter, thick cut Applewood smoked bacon, a fluffy folded egg, and a slice of melty American cheese. There are 460 calories in ... 17/09/2021 - Allow the bread to cool. Slice and serve. Tips for Success: For the best cheesy quick bread, keep these tips in mind. Spoon and level the flour; Too much flour will make the bread dry, so spoon and level, don't scoop. Avoid pre-shredded cheese: Shred the cheese fresh off the block. 31/03/2022 - Note: A 1-ounce (28 gram) serving of cheese is about the size of a 1-inch cube, or 1 slice of American cheese. Nutritional values for the ... 21/10/2019 - Although Velveeta cheese has expanded to offer things like shredded cheese, queso and macaroni and cheese cups, the original Velveeta cheese product comes in a "loaf," or a 5-pound block that you can slice and melt. One serving of this block is a 1/8-inch slice or 1 ounce. The nutrition facts for this serving size are: Place a slice of this deli style cheese on top of a juicy burger at any of your summer barbecues. For optimum flavor, keep this 12-ounce package of 16 cheese slices refrigerated until use. Our sliced American singles are a great addition to any summer spread for ...

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