

# crumbled blue cheese nutrition

**crumbled blue cheese nutrition** offers a unique blend of rich flavors and essential nutrients that make it a popular choice among cheese enthusiasts and health-conscious individuals alike. Known for its distinctive blue veins and bold taste, crumbled blue cheese not only enhances culinary dishes but also provides a variety of nutritional benefits. This article explores the detailed nutrient profile of crumbled blue cheese, including its macronutrients, vitamins, minerals, and potential health impacts. Additionally, it addresses common dietary considerations and how to incorporate this cheese into a balanced diet. Understanding crumbled blue cheese nutrition can assist consumers in making informed choices about their food intake while enjoying the distinctive qualities this cheese provides. The following sections delve into the nutritional composition, health benefits, consumption tips, and potential drawbacks associated with crumbled blue cheese.

- Nutritional Composition of Crumbled Blue Cheese
- Macronutrients in Crumbled Blue Cheese
- Vitamins and Minerals Present
- Health Benefits of Consuming Blue Cheese
- Potential Dietary Concerns and Considerations
- Incorporating Crumbled Blue Cheese into Your Diet

## Nutritional Composition of Crumbled Blue Cheese

The nutritional composition of crumbled blue cheese is characterized by its dense concentration of proteins, fats, vitamins, and minerals. This cheese variety is produced by introducing specific strains of *Penicillium* mold into milk, which results in its signature blue veins and pungent flavor. When evaluating crumbled blue cheese nutrition, it is important to consider the serving size, which typically ranges from one to two tablespoons (approximately 28 grams). Within this serving, various nutrients contribute to both the flavor profile and the health implications of the cheese.

## Caloric Content

Crumbled blue cheese is energy-dense, providing approximately 100 calories per ounce (28 grams). The majority of these calories derive from fats, which contribute to the creamy texture and rich taste. Despite its high calorie content, blue cheese can fit into a balanced diet when consumed in moderation.

## **Fat Content**

The fat content in crumbled blue cheese is substantial, with roughly 8 to 9 grams of fat per ounce. This includes saturated fats, which account for about 5 grams, and smaller amounts of monounsaturated and polyunsaturated fats. The presence of fat-soluble vitamins such as vitamin A and vitamin D is supported by the fat content.

## **Macronutrients in Crumbled Blue Cheese**

Analyzing the macronutrient profile of crumbled blue cheese provides insight into its role as a nutrient source. The cheese is particularly noted for its protein and fat content, both of which play essential roles in bodily functions and satiety.

### **Protein**

Crumbled blue cheese contains approximately 6 grams of protein per ounce. This high-quality protein includes all essential amino acids, making it a valuable source for muscle repair, immune function, and enzyme production. The bioavailability of protein in blue cheese is relatively high due to the fermentation process involved in its production.

### **Carbohydrates**

The carbohydrate content in crumbled blue cheese is minimal, generally less than 1 gram per ounce. This low carbohydrate level makes it suitable for low-carb and ketogenic dietary plans. The small amount of lactose present is usually well-tolerated by individuals with mild lactose intolerance due to the fermentation process that reduces lactose levels.

## **Vitamins and Minerals Present**

Crumbled blue cheese is a rich source of several essential vitamins and minerals, contributing to its nutritional value beyond macronutrients. Its mineral content is particularly noteworthy for bone health and metabolic functions.

### **Calcium**

One of the most significant minerals in crumbled blue cheese is calcium, with approximately 150 to 200 milligrams per ounce. Calcium is crucial for maintaining strong bones and teeth, facilitating nerve transmission, and supporting muscle function.

### **Other Minerals**

Besides calcium, crumbled blue cheese provides phosphorus, zinc, and selenium. Phosphorus works synergistically with calcium to promote bone health. Zinc supports immune function and wound

healing, while selenium acts as an antioxidant that protects cells from damage.

## **Vitamin Content**

Crumbled blue cheese contains vitamins such as vitamin A, which is vital for vision, immune health, and skin integrity. It also includes small amounts of B-complex vitamins like riboflavin (B2) and vitamin B12, which are important for energy metabolism and red blood cell formation.

## **Health Benefits of Consuming Blue Cheese**

Incorporating crumbled blue cheese into a diet can offer various health benefits, primarily due to its nutrient density and the presence of beneficial compounds produced during fermentation.

### **Bone Health Support**

The high calcium and phosphorus content in crumbled blue cheese contribute significantly to bone mineralization and strength. Regular consumption in moderate amounts can help maintain bone density and reduce the risk of osteoporosis.

### **Probiotic Potential**

Blue cheese contains live cultures and molds that may have probiotic effects, supporting gut health by promoting a balanced microbiome. These beneficial bacteria can aid in digestion and enhance immune system function.

### **Cardiovascular Considerations**

While blue cheese is high in saturated fats, some studies suggest that moderate consumption does not adversely affect heart health and may be associated with improved lipid profiles due to the presence of bioactive peptides.

## **Potential Dietary Concerns and Considerations**

Despite its nutritional benefits, there are several dietary concerns related to crumbled blue cheese nutrition that consumers should be aware of, particularly regarding fat content and sodium levels.

### **Sodium Content**

Crumbled blue cheese is high in sodium, with approximately 350 to 400 milligrams per ounce. Excessive sodium intake can contribute to hypertension and cardiovascular disease risk. Individuals monitoring their sodium intake should consume blue cheese in moderation.

## Allergy and Sensitivity Risks

Blue cheese contains dairy proteins such as casein and whey, which can trigger allergic reactions in sensitive individuals. Additionally, the presence of mold may cause adverse reactions in those with mold allergies.

## Lactose Intolerance

Though fermentation reduces lactose content, some individuals with lactose intolerance may still experience symptoms after consuming blue cheese, depending on their sensitivity level.

## Incorporating Crumbled Blue Cheese into Your Diet

Understanding how to include crumbled blue cheese in a balanced diet can maximize its nutritional benefits while minimizing potential drawbacks. Its strong flavor makes it a versatile ingredient in various culinary applications.

## Serving Suggestions

Crumbled blue cheese can be added to salads, pasta dishes, and sandwiches, or used as a topping for steaks and burgers. Pairing it with fruits like pears or apples can balance its bold taste and provide complementary nutrients.

## Portion Control Tips

Given its high calorie, fat, and sodium content, controlling portion sizes is essential. Limiting servings to one to two tablespoons per meal helps maintain dietary balance without excessive intake of less desirable nutrients.

## Substitution Ideas

For those seeking lower-fat or less salty options, alternatives such as feta or goat cheese can be used, although these will have different flavor profiles and nutritional compositions.

- Use crumbled blue cheese sparingly to add flavor without excessive calories.
- Combine with fresh vegetables to increase fiber and nutrient intake.
- Choose reduced-fat versions where available to reduce saturated fat intake.

# Frequently Asked Questions

## What are the nutritional benefits of crumbled blue cheese?

Crumbled blue cheese is a good source of protein, calcium, and vitamin A, which are essential for bone health and immune function. It also contains beneficial probiotics that support gut health.

## How many calories are in a serving of crumbled blue cheese?

A typical serving size of crumbled blue cheese is about 1 ounce (28 grams), which contains approximately 100 to 110 calories.

## Is crumbled blue cheese high in fat and sodium?

Yes, crumbled blue cheese is relatively high in fat, particularly saturated fat, and sodium. A 1-ounce serving can contain around 8 to 9 grams of fat and 370 to 400 milligrams of sodium, so it should be consumed in moderation.

## Can crumbled blue cheese be part of a low-carb diet?

Yes, crumbled blue cheese is low in carbohydrates, usually containing less than 1 gram per serving, making it suitable for low-carb and ketogenic diets.

## Does crumbled blue cheese contain any allergens or intolerances to be aware of?

Crumbled blue cheese contains dairy, so it is not suitable for those who are lactose intolerant or allergic to milk proteins. Additionally, it may contain molds that some individuals could be sensitive to.

## Additional Resources

### 1. *The Nutritional Profile of Crumbled Blue Cheese*

This book offers an in-depth analysis of the nutritional components found in crumbled blue cheese. It covers macronutrients such as proteins, fats, and carbohydrates, as well as essential vitamins and minerals. Readers will gain a clear understanding of how blue cheese fits into a balanced diet and its potential health benefits.

### 2. *Blue Cheese and Health: Exploring Nutritional Benefits*

Focusing on the health implications of consuming blue cheese, this book examines its probiotic qualities and role in gut health. It also discusses the presence of bioactive compounds and their antioxidant properties. Ideal for health-conscious individuals, the book provides insights into incorporating blue cheese in a nutritious diet.

### 3. *From Farm to Table: The Science of Blue Cheese Nutrition*

This title delves into the production process of blue cheese and how it impacts nutritional value. Covering factors like aging and microbial activity, the book explains how these contribute to the flavor

and health profile of crumbled blue cheese. It's a great resource for food science enthusiasts and nutritionists alike.

#### 4. *Crumbled Blue Cheese: A Culinary and Nutritional Guide*

Combining culinary arts with nutrition, this guide explores the best ways to enjoy crumbled blue cheese while maximizing its health benefits. It includes recipes, serving suggestions, and nutritional tips to balance indulgence with wellness. Perfect for home cooks and professional chefs interested in healthier cooking.

#### 5. *Cheese and Wellness: The Role of Blue Cheese in Modern Diets*

This book investigates how blue cheese can be incorporated into various dietary plans, including keto, low-carb, and Mediterranean diets. It also addresses common concerns about saturated fat and sodium content. Readers will learn how to enjoy blue cheese responsibly within different nutritional frameworks.

#### 6. *Blue Cheese Nutrition Facts and Myths*

Separating fact from fiction, this book tackles popular myths about blue cheese and presents scientific evidence regarding its nutritional value. It provides clear, concise facts about calorie content, fat levels, and potential allergens. A valuable resource for consumers seeking accurate information about their food choices.

#### 7. *Probiotics and Blue Cheese: A Nutritional Synergy*

Exploring the probiotic strains found in blue cheese, this book highlights their contribution to digestive health. It explains the fermentation process and how it enhances the nutritional profile of crumbled blue cheese. Readers interested in functional foods will find this book particularly enlightening.

#### 8. *The Impact of Blue Cheese on Bone Health and Nutrition*

This book focuses on the calcium and phosphorus content of blue cheese and their effects on bone density and strength. It discusses how regular consumption can support skeletal health, especially in aging populations. Nutritional strategies for incorporating blue cheese into a bone-friendly diet are also provided.

#### 9. *Blue Cheese Nutrition for Athletes and Active Lifestyles*

Targeting athletes and fitness enthusiasts, this book examines the protein content and energy-providing aspects of blue cheese. It offers guidance on how crumbled blue cheese can be part of a recovery meal or snack. Nutritional timing and portion recommendations help readers optimize performance and muscle repair.

## **Crumbled Blue Cheese Nutrition**

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**crumbled blue cheese nutrition: The Sugar Smart Diet** Anne Alexander, Julia VanTine, 2014-12-23 Sugar is the most controversial subject in the American diet debates today—alternately viewed as public health enemy No. 1 and an innocent indulgence. A New York Times bestseller, The Sugar Smart Diet reveals the suite of hidden sugars in food that have skyrocketed the nation's annual sugar intake to more than 130 pounds per person (sugar is not hiding where most people think), identifies which popular sugar increases the body's ability to store fat, and explains how excess sugar leads to diabetes, heart disease, and more. The Sugar Smart Diet's 32-day plan uniquely addresses the emotional and physiological effects of sugar, empowering readers to take charge of sugar, rather than letting sugar take charge of them. Once rare in the human diet, sugar is now ubiquitous and often hidden in unexpected places. Simply becoming aware of sugar can help you cut your intake, which is one of the smartest moves you can make to achieve optimal wellness. This informative guide tells you how to do that. —Dr. Andrew Weil

**crumbled blue cheese nutrition: Feed Your Athlete** Michael Kirtsos, MS, RD, CSSD, LDN, Joseph Ewing, RD, LDN, 2015-07-09 Athletes know how important it is to get the right fuel for their workouts and events. Unfortunately, they often resort to quick, bland, and downright gross non-food sources of carbs and other nutrients, such as energy gels and bars. Feed Your Athlete shows both endurance athletes and strength athletes how to cook easy meals and take-alongs that taste good while delivering the fuel that they need to perform at their peak, whether that's before the event, during the event, or after it. In this book readers get: -- 150 delicious recipes with variations to deliver the precise nutrients needed for a variety of endurance and strength-based sports. -- Beautiful color photos of finished meals and snacks. -- Training meals for fueling up, snacks and portables to consume for energy during endurance events, and recovery lunches and dinners for replenishing stores. -- Detailed nutritional information for each recipe, highlighting the most important nutrients, including variations tailored to specific dietary needs and preferences. -- Tips on how to shop and fill the pantry with everything needed for quick, easy, powerful meals and snacks. -- Advice for feeding a family of athletes participating in different sports. -- Cooking and assembly hints that make preparation fast and easy, saving more time for training.

**crumbled blue cheese nutrition: Biggest Book of Grilling** Better Homes and Gardens, 2004 Features more than four hundred recipes for beef, veal, lamb, pork, and poultry dishes and includes instructions for preparing side dishes, salsas, sauces, vegetables, snacks, and appetizers of all kinds.

**crumbled blue cheese nutrition: 365 Comfort Foods** Jan E. Miller, 2014 This new collections offers a year's worth of comforting meals the whole family will love. Filled with familiar favorites and some twists on traditional flavors, it includes satisfying recipes for every meal of the day.

**crumbled blue cheese nutrition: Healthy Diabetic Cookbook** Emilie Vans, 2022-01-28 Do you know what diabetes is? Have you ever been to a doctor because you felt sick or tired? If you feel that you have diabetes, then you are most likely not alone. It's estimated that there are 20 million Americans that have diabetes. Diabetes is a chronic condition that occurs when either the body does not produce enough insulin, or the body's cells do not respond to insulin properly. If this happens, glucose (a type of sugar) builds up in the blood and causes harmful effects on the eyes, nerves, kidneys, and heart. Diabetes is a disease characterized by a lack of insulin, which is a hormone that regulates blood glucose levels. Insulin is a hormone produced by the pancreas that allows glucose (from carbohydrates) to enter cells, and use as energy. Without insulin, glucose cannot enter cells,

which causes the blood glucose levels to rise. The signs and symptoms of diabetes include excessive thirst, unexplained weight loss or increased weight, frequent urination (polyuria), blurred vision (diabetic retinopathy), and changes in skin color of the hands and feet (calluses). Diabetes is a disease that affects the way your body uses the sugar in your blood. Your body runs on sugar to run energy through all of your organs and systems. When your body cannot use enough blood sugar, it makes chemical called insulin to help in the process. When your body does this, blood glucose levels rise. It becomes harder to get enough blood glucose without injecting insulin. If this sounds like you, then you may be diabetic. Diabetes can have a severe impact on weight loss programs and diet. In fact, if you're diabetic it's very possible that your current weight loss plan is not helping you lose weight at all or even making it harder for you to lose weight. This Book Covers: ? Breakfast Diabetic Recipes ? Lunch Diabetic Recipes ? Dinner Diabetic Recipes ? Meat Diabetic Recipes ? Soup and Stew Diabetic Recipes ? Dessert Diabetic Recipes If you have diabetes, or care about someone who has the disease, this cookbook is for you. It has a variety of tasty recipes that fits the needs of diabetics. It contains recipes for breakfast, lunch, dinner and dessert so you have a variety of meals covered. With Diabetic, you can be sure that your diabetic diet is getting the nutrients it needs to stay healthy. A diabetic cookbook contains the names and food preparation instructions for all of the foods required for someone with diabetes to stay within his or her target glucose levels. The cook

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**crumbled blue cheese nutrition: Flat Belly Diet! Family Cookbook** Liz Vaccariello, Sally Kuzemchak, 2010-05-11 The foods featured in the New York Times bestseller Flat Belly Diet! not only help women lose belly fat, but also are delicious and healthy meals for the whole family. So that dieters can sit down to dinner with everyone, without having to cook special foods separately for themselves, the Flat Belly Diet! Family Cookbook features 150 scrumptious family-friendly classics (with a healthy MUFA twist), such as White Pita Pizzas and Baked Chicken Parmesan, and sweet treats, like the Choco-Nut Sundae and Peanut Butter No-Bake Bars. Each all-new recipe features belly-flattening monounsaturated fatty acids (or MUFAs), found in nuts and seeds, vegetable oils, olives, avocados, and dark chocolate. The book also includes: • 2 weeks of sample menus for busy families on the go • recipes for family get-togethers and holiday gatherings • tips and advice on getting kids (and spouses) to adopt healthy eating habits

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Anna V. Zulaica, 2012-03-13 Contains 140 recipes that follow the concepts of the DASH diet to prevent hypertension and diabetes and promote weight loss.

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**crumbled blue cheese nutrition:** *The EatingWell® Diet* Jean Harvey-Berino, 2012-08-17 A science-based plan that brings together cutting-edge, university-tested weight-loss strategies with delicious, quick, and easy recipes. Almost everyone knows the truth: to lose the weight, we need to eat less and move more, says weight-management pioneer Jean Harvey-Berino. This book is about the missing link: how to do it. Harvey-Berino believes that permanent weight loss only happens by changing everyday behaviors: replacing old, unhealthy habits with new ones. And clinical research proves her right: participants in her behaviorally based VTrim™ Weight Management Program lost an average of 21 pounds in 6 months—more than double that of an online commercial weight-loss program. In a unique collaboration, The EatingWell Diet brings you the tools that helped VTrimmers succeed—including goal-setting, self-tracking, and controlling eating triggers—along with wisdom and recipes from the creative cooks and nutrition experts at the nation's premier magazine of food and health. More than just a sensible way to lose weight, it's a workbook for a healthy way of life.

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**crumbled blue cheese nutrition:** *Better Homes and Gardens The Ultimate Quick & Healthy Book* Better Homes and Gardens, 2014-04-29 Modern home cooks are concerned with getting healthy food on the table quickly, and Better Homes and Gardens The Ultimate Quick & Healthy Book offers the perfect solution. Included are 400 recipes ready in 30 minutes or less, and every main dish has fewer than 450 calories and 15 grams of fat. This book proves that quick cooking and healthy cooking can be synonymous. There are recipes for every occasion, from breakfast to dinner to make-ahead meals and entertaining. Every recipe includes full nutritional information and handy icons that highlight Superfast, No-Cook, Vegetarian, and Heart Healthy dishes. With more than 180 full-color photographs, the book is as beautiful as it is practical.

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**crumbled blue cheese nutrition: The Ultimate Appetizers Book** Better Homes and Gardens, 2012-04-11 With The Ultimate Appetizer Book, you'll find the perfect morsels and drinks in one incredible compendium! No matter what your party style is-casual, dressy, or just plain fun-nothing says party like tasty appetizers! The third book in the Ultimate series, following The Ultimate Cookie Book and The Ultimate Slow Cooker Book, this unique recipe collection features more than 450 recipes for everything from super quick dips and snack mixes to elegant pastries and bite-size sweets-all guaranteed to entice any crowd. More than just a collection of recipes, this book is packed with hundreds of inspiring full-color photos and provides all the tools you need to throw a fabulous bash, including helpful hints in on creative presentation ideas, themed party menus using the recipes in the book, lists of versatile ingredients to keep in the pantry, and make-ahead directions to make planning a breeze. More than 450 party foods and drinks range from classics and basics, to fun, creative delights Recipes include prep times and make-ahead directions to help with planning, inventive ideas on flavor variations, and nutritional analysis With over 300 full-color photographs throughout and a bold, colorful design, this is the ultimate appetizer recipe collection, as beautiful as it is practical, and in an affordable, value package

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