

taylor pork roll nutrition facts

taylor pork roll nutrition facts offer essential insights into one of the most popular breakfast meats in the United States, particularly beloved in the Mid-Atlantic region. Understanding the nutritional profile of Taylor pork roll is important for consumers who want to make informed dietary choices. This article delves into the calories, macronutrients, vitamins, and minerals present in Taylor pork roll, as well as its sodium content and potential health considerations. Additionally, we will explore how Taylor pork roll compares to other breakfast meats in terms of nutrition. Whether you are managing your fat intake or tracking protein consumption, a thorough understanding of Taylor pork roll nutrition facts helps in planning balanced meals. The following sections cover detailed nutritional components, health implications, and dietary tips for incorporating Taylor pork roll into a healthy lifestyle.

- Caloric Content and Macronutrients of Taylor Pork Roll
- Vitamins and Minerals in Taylor Pork Roll
- Sodium Content and Health Considerations
- Comparison with Other Breakfast Meats
- Dietary Tips for Consuming Taylor Pork Roll

Caloric Content and Macronutrients of Taylor Pork Roll

Taylor pork roll is a processed meat product made primarily from pork, salt, sugar, and spices. Its nutritional value is characterized by a significant calorie count, predominantly derived from fats and proteins. A typical serving size of Taylor pork roll, approximately 2 ounces (56 grams), contains around 170 to 200 calories. These calories are largely composed of fat and protein, which are essential macronutrients contributing to energy and muscle maintenance.

Calories

The caloric content of Taylor pork roll ranges between 170 and 200 calories per serving. This energy density is relatively high compared to other breakfast meats due to its fat content. Consuming Taylor pork roll in moderation is advised for those monitoring caloric intake.

Fats

Fat content in Taylor pork roll is considerable, with about 15 grams of total fat per 2-ounce serving. This includes saturated fats, which typically account for approximately 5 grams. Saturated fat intake should be limited according to dietary guidelines because of its association with cardiovascular risk.

Proteins

Taylor pork roll provides around 10 to 12 grams of protein per serving, making it a good source of animal protein. Protein is essential for tissue repair, enzyme production, and overall body function.

Carbohydrates

The carbohydrate content in Taylor pork roll is minimal, generally less than 2 grams per serving. This low carbohydrate level makes it suitable for low-carb or ketogenic dietary plans.

Vitamins and Minerals in Taylor Pork Roll

Beyond macronutrients, Taylor pork roll contains various vitamins and minerals that contribute to its nutritional profile. These micronutrients play important roles in metabolic processes and overall health.

Key Vitamins

Taylor pork roll contains small amounts of B vitamins, particularly vitamin B12 and niacin (B3). Vitamin B12 is crucial for nerve function and red blood cell formation, while niacin supports energy metabolism and skin health.

Essential Minerals

This meat product provides minerals such as iron, zinc, and phosphorus. Iron content aids in oxygen transport in the blood, zinc supports immune function, and phosphorus is important for bone health. However, the quantities of these minerals vary and should be supplemented with other nutrient-rich foods.

Sodium Content and Health Considerations

One of the most significant nutritional considerations with Taylor pork roll is its sodium content. As a processed meat product, it contains high levels of sodium used for preservation and flavor enhancement.

Sodium Levels

A typical serving of Taylor pork roll can contain upwards of 600 milligrams of sodium, which constitutes about 25% of the recommended daily limit for most adults. Excessive sodium intake is linked to hypertension and increased cardiovascular risk, making it a critical factor for individuals with salt-sensitive conditions.

Health Implications

Due to its saturated fat and sodium content, regular consumption of Taylor pork roll may contribute to elevated cholesterol levels and high blood pressure if not balanced within an overall healthy diet. It is advisable to consume this product in moderation and to balance the meal with fruits, vegetables, and whole grains to mitigate health risks.

Comparison with Other Breakfast Meats

To better understand the nutritional value of Taylor pork roll, it is useful to compare it with other common breakfast meats such as bacon, sausage, and Canadian bacon.

- **Bacon:** Typically contains higher saturated fat and sodium levels per serving compared to Taylor pork roll, with similar caloric content.
- **Sausage:** Similar in calories and fat but often contains more carbohydrates due to fillers and seasonings.
- **Canadian Bacon:** Leaner with lower fat and sodium content, making it a healthier alternative.

This comparison highlights that Taylor pork roll is moderate in fat and calories but high in sodium, positioning it between bacon and Canadian bacon in terms of nutritional impact.

Dietary Tips for Consuming Taylor Pork Roll

Incorporating Taylor pork roll into a balanced diet requires mindful consumption and complementary food choices to optimize nutrition and minimize health risks.

Moderation and Portion Control

Limiting portion sizes to one serving or less per meal helps control calorie, fat, and sodium intake. Avoiding excessive consumption reduces the risk of negative health effects associated with processed meats.

Balancing with Nutrient-Dense Foods

Pairing Taylor pork roll with whole grains, fresh vegetables, and fruits enhances the meal's overall nutrient profile. These foods provide fiber, antioxidants, and essential vitamins that counterbalance the meat's high sodium and fat content.

Cooking Methods

Cooking Taylor pork roll using methods that do not add additional fats, such as grilling or baking, can help reduce calorie intake. Avoid frying with excessive oil or butter to maintain a healthier meal composition.

Frequently Asked Questions

What are the main nutritional components of Taylor pork roll?

Taylor pork roll primarily contains protein, fat, and sodium, with moderate amounts of calories and minimal carbohydrates.

How many calories are in a typical serving of Taylor pork roll?

A typical 2-ounce serving of Taylor pork roll contains approximately 180 to 200 calories.

Is Taylor pork roll high in protein?

Yes, Taylor pork roll is a good source of protein, providing around 10-12 grams of protein per serving.

What is the sodium content in Taylor pork roll?

Taylor pork roll is relatively high in sodium, with about 600-700 milligrams per 2-ounce serving.

Does Taylor pork roll contain any carbohydrates?

Taylor pork roll contains minimal carbohydrates, usually less than 1 gram per serving.

How much fat is in Taylor pork roll?

A 2-ounce serving of Taylor pork roll contains around 15 grams of fat, including saturated fats.

Is Taylor pork roll suitable for a low-sodium diet?

Due to its high sodium content, Taylor pork roll is generally not recommended for low-sodium diets.

Are there any allergens present in Taylor pork roll?

Taylor pork roll primarily contains pork and may contain preservatives; it is typically free from common allergens like gluten or dairy, but checking the packaging for specific allergen information is advised.

Additional Resources

1. *The Complete Guide to Taylor Pork Roll Nutrition*

This book offers an in-depth analysis of Taylor Pork Roll's nutritional content, including calories, fat, protein, and sodium levels. It also compares various brands and provides tips for balancing pork roll in a healthy diet. Ideal for those who love this regional delicacy but want to stay informed about their food choices.

2. *Understanding Processed Meats: Taylor Pork Roll and Beyond*

Explore the world of processed meats with a focus on Taylor Pork Roll, examining its ingredients, preservation methods, and nutritional impact. The book discusses health concerns and offers practical advice on consumption frequency and portion control.

3. *Healthy Breakfasts Featuring Taylor Pork Roll*

This cookbook combines nutrition facts with delicious recipes that incorporate Taylor Pork Roll in a balanced breakfast. Learn how to create meals that satisfy your taste buds while managing fat and sodium intake effectively.

4. *Nutritional Breakdown of Popular American Pork Products*

A comparative study of various pork products, including Taylor Pork Roll, bacon, and sausage, highlighting their nutritional profiles. The book helps readers make informed choices based on protein content, calories, and other key nutrients.

5. *Pork Roll and Heart Health: What You Need to Know*

Focusing on cardiovascular health, this book assesses how Taylor Pork Roll fits into heart-healthy diets. It provides insights into saturated fat and sodium levels and suggests healthier alternatives and preparation methods.

6. *The Science of Flavor and Nutrition in Taylor Pork Roll*

Delve into the chemistry behind Taylor Pork Roll's unique taste and nutritional composition. The book explains how processing affects nutrient retention and flavor development, making it a fascinating read for food science enthusiasts.

7. *Regional Delicacies: Nutrition Facts of New Jersey's Taylor Pork Roll*

Celebrate the iconic New Jersey pork roll with a focus on its nutritional aspects and cultural significance. The book includes historical context and modern-day nutritional analysis for fans and health-conscious readers alike.

8. *Balancing Indulgence and Nutrition: Taylor Pork Roll Recipes*

Discover recipes that blend indulgence with mindful eating, showcasing Taylor Pork Roll in balanced meals. Nutritional facts accompany each recipe, helping readers enjoy their favorite food without compromising health goals.

9. *Low-Sodium Alternatives to Traditional Taylor Pork Roll*

This book targets individuals looking to reduce sodium intake without giving up the flavor of Taylor Pork Roll. It explores modified recipes, alternative products, and tips for maintaining taste while enhancing nutritional value.

Taylor Pork Roll Nutrition Facts

Find other PDF articles:

<https://test.murphyjewelers.com/archive-library-205/Book?dataid=WbX13-6161&title=crucial-conversations-training-certification.pdf>

taylor pork roll nutrition facts: Ketogenic Instant Pot & Meal Prep - 2 books in 1 Allyson C. Naquin, Alicia J. Taylor, 2020-06-05 Do you wish you had an easier way to stick on your keto diet so you can finally achieve your dream body? Do you want to lose weight and be healthier without wasting a fortune on expensive meal plans and fancy ingredients? If the answer is YES, THEN THIS BOOK IS DEFINITELY FOR YOU! In this Ketogenic Instant Pot & Meal Prep Cookbook, we will be providing you with a 30-day meal prep guide to make delicious and easy ketogenic recipes for a rapid weight loss that can be used for all ages on the Keto diet. No matter how busy you are or whatever tough schedule you have preparing a healthy and balanced meal will be 100 times faster with the help of your Instant Pot! Having said that, a healthy meal does not necessarily mean a meal with only leafy raw vegetables but one which is appealing to the eye and tongue both. A good meal is one which not only tastes well but is presented beautifully as well. It is extremely important to meal prep for both health reasons and to stay fit. If you wish to succeed in your health and fitness goals, you need to prepare meals ahead of time. With your meal prepared ahead of time, you do not need to worry about going to a local café and eating food that does not have any nutrition and is full of carbs as well. This book will give you: A breakdown of Instant Pot & Meal Prep A guide to doing Meal Prep on a Ketogenic Diet 90 delicious Ketogenic recipes divided across 30 days + 100 Instant Pot keto Recipes A breakdown of their nutritional value How to Successfully Incorporate Meal Planning into a Keto Diet And so much more! Whether you have just started exploring the world of meal prep& Instant Pot or if you are simply seeking new enticing Ketogenic recipes to add to your existing meal plans, then, this Keto Instant Pot & Meal Prep Cookbook will give you a new perspective on the way you eat. Grab a copy today and let's bring life to your Ketogenic Instant pot & Meal Prep journey!

taylor pork roll nutrition facts: Feeding the Kids Pamela Gould, Eleanor Perry Taylor, Katherine L. Cason, 2007 This field guide makes healthy eating simple, quick and, best of all, delicious. Discover a new system for selecting nutritious kid-friendly foods. Organize a customized eating plan that includes family favorites. Teach children to eat healthy foods without fights, and learn how and when to compromise over junk food. Includes 50 easy recipes and 80 kid-friendly menus.

taylor pork roll nutrition facts: Spin, 2004

taylor pork roll nutrition facts: Food Management, 1982

taylor pork roll nutrition facts: Official Record United States. Department of Agriculture,

1929

taylor pork roll nutrition facts: The Wisconsin Agriculturist , 1907

taylor pork roll nutrition facts: Men's Health , 2008-01 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

taylor pork roll nutrition facts: Lodging, Restaurant and Tourism Index , 1995

taylor pork roll nutrition facts: California Cultivator , 1911

taylor pork roll nutrition facts: Composition of Foods Barbara Ann Anderson, Betty Thomas Richardson, C. R. Lockard, Elsie Halstrom Dawson, Fred Charles Simmons, George Meredith Jemison, Raymond Frank Taylor, Anson William Lindenmuth, Elbert Luther Little, Gladys L. Gilpin, J. A. Putnam, Howard Reynolds, John James Keetch, Roswell Donald Carpenter, 1982

taylor pork roll nutrition facts: New York Magazine , 1981-11-23 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

taylor pork roll nutrition facts: Lancaster Livestock Reporter , 1989

taylor pork roll nutrition facts: 1001 Ways to Stretch a Dollar Vivo Bennett, Cricket Claggett, 1977

taylor pork roll nutrition facts: The Official Record of the United States Department of Agriculture United States. Department of Agriculture, 1930

taylor pork roll nutrition facts: Red Book , 1981 The magazine for young adults (varies).

taylor pork roll nutrition facts: The New Yorker Harold Wallace Ross, Katharine Sergeant Angell White, 1994-08

taylor pork roll nutrition facts: Nutrition Abstracts and Reviews , 1990

taylor pork roll nutrition facts: The Extension Service News , 1924

taylor pork roll nutrition facts: Food and Nutrition News , 1942

taylor pork roll nutrition facts: Practical Farmer , 1868

Related to taylor pork roll nutrition facts

Calories in Taylor Pork Roll - Nutritionix Calories, fat, protein, and carbohydrate values for for Taylor Pork Roll and other related foods

Taylor Pork Roll: calories, nutrition analysis & more - Fooducate Personalized health review for Taylor Pork Roll: 130 calories, nutrition grade (D plus), problematic ingredients, and more. Learn the good & bad for 250,000+ products

Taylor Pork Roll Nutritional Information | Jersey Pork Roll If you're concerned about calories or carbohydrates, consult the chart below. Several low carb diets allow eating porkroll in moderation, including the Atkins Diet, Weight Watchers, and the

Taylor Pork Roll Nutrition Facts - Eat This Much 1 serving of Taylor pork roll contains 200 Calories. The macronutrient breakdown is 2% carbs, 79% fat, and 19% protein. This is a good source of protein (18% of your Daily Value)

Calories in Taylor Pork Roll and Nutrition Facts - FatSecret Calorie breakdown: 77% fat, 3% carbs, 20% protein. There are 130 calories in 1 slice (43 g) of Taylor Pork Roll. Get full nutrition facts for other Taylor products and all your

TAYLOR Pork Roll nutrition facts, ingredients and where to buy Pork Roll Brand: TAYLOR Manufacturer: Taylor Provisions UPC: 041208010507 129.9 kcal, 7g protein, 12g total fat, 1g total sugars per a 43g serving. Contains 12 key nutrients & 2 vitamins

Pork roll by TAYLOR nutrition facts and analysis. Pork roll by TAYLOR contains 200 calories per 64 g serving. This serving contains 18 g of fat, 10 g of protein and 1 g of carbohydrate. The latter is 1 g sugar and 0 g of dietary fiber, the rest is

Nutrition Facts for Taylor - Pork Roll - myfooddata Nutrition Facts for Taylor - Pork Roll - View calories, protein, carbs, fats, vitamins, minerals, and more

Taylor, john taylor's pork roll by Taylor Provisions Co nutrition facts Taylor, john taylor's pork roll by Taylor Provisions Co contains 180 calories per 56 g serving. This serving contains 16 g of fat, 9 g of protein and 1 g of carbohydrate

Taylor Pork Roll - ShopRite * 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

Calories in Taylor Pork Roll - Nutritionix Calories, fat, protein, and carbohydrate values for for Taylor Pork Roll and other related foods

Taylor Pork Roll: calories, nutrition analysis & more - Fooducate Personalized health review for Taylor Pork Roll: 130 calories, nutrition grade (D plus), problematic ingredients, and more. Learn the good & bad for 250,000+ products

Taylor Pork Roll Nutritional Information | Jersey Pork Roll If you're concerned about calories or carbohydrates, consult the chart below. Several low carb diets allow eating porkroll in moderation, including the Atkins Diet, Weight Watchers, and the

Taylor Pork Roll Nutrition Facts - Eat This Much 1 serving of Taylor pork roll contains 200 Calories. The macronutrient breakdown is 2% carbs, 79% fat, and 19% protein. This is a good source of protein (18% of your Daily Value)

Calories in Taylor Pork Roll and Nutrition Facts - FatSecret Calorie breakdown: 77% fat, 3% carbs, 20% protein. There are 130 calories in 1 slice (43 g) of Taylor Pork Roll. Get full nutrition facts for other Taylor products and all your

TAYLOR Pork Roll nutrition facts, ingredients and where to buy Pork Roll Brand: TAYLOR Manufacturer: Taylor Provisions UPC: 041208010507 129.9 kcal, 7g protein, 12g total fat, 1g total sugars per a 43g serving. Contains 12 key nutrients & 2 vitamins

Pork roll by TAYLOR nutrition facts and analysis. Pork roll by TAYLOR contains 200 calories per 64 g serving. This serving contains 18 g of fat, 10 g of protein and 1 g of carbohydrate. The latter is 1 g sugar and 0 g of dietary fiber, the rest is

Nutrition Facts for Taylor - Pork Roll - myfooddata Nutrition Facts for Taylor - Pork Roll - View calories, protein, carbs, fats, vitamins, minerals, and more

Taylor, john taylor's pork roll by Taylor Provisions Co nutrition facts Taylor, john taylor's pork roll by Taylor Provisions Co contains 180 calories per 56 g serving. This serving contains 16 g of fat, 9 g of protein and 1 g of carbohydrate

Taylor Pork Roll - ShopRite * 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

Back to Home: <https://test.murphyjewelers.com>