

frigo string cheese nutrition facts

frigo string cheese nutrition facts provide valuable insight into the nutritional profile of this popular snack. Known for its convenience and taste, Frigo string cheese is a favorite among consumers seeking a quick, protein-rich option. Understanding the nutrition facts behind Frigo string cheese helps individuals make informed dietary choices, whether for weight management, muscle building, or general health. This article delves into the calorie content, macronutrients, vitamins, and minerals found in Frigo string cheese. Additionally, it explores the ingredients, potential health benefits, and considerations for those with dietary restrictions. By examining the nutritional value in detail, readers can better appreciate how Frigo string cheese fits into a balanced diet and its role as a nutritious snack option.

- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Content
- Ingredients and Allergen Information
- Health Benefits of Frigo String Cheese
- Dietary Considerations and Usage Tips

Caloric and Macronutrient Breakdown

Analyzing the calorie and macronutrient content of Frigo string cheese is essential for understanding its energy contribution and nutritional value. Typically, a single stick of Frigo string cheese contains around 80 calories, making it a low-calorie snack suitable for many diets. The product is primarily composed of protein and fat, with minimal carbohydrates, which aligns well with low-carb or ketogenic dietary preferences.

Calories

A standard serving size of Frigo string cheese, usually one stick weighing approximately 28 grams, provides about 80 calories. This moderate calorie level supports its use as a convenient snack without significantly impacting daily caloric intake.

Protein Content

Protein is a key highlight of Frigo string cheese nutrition facts. Each stick offers roughly 6 to 7 grams of protein, which promotes muscle repair and satiety. The protein mainly comes from mozzarella cheese, known for its high biological value and digestibility.

Fat Content

Frigo string cheese contains approximately 6 grams of fat per serving. Most of this fat is saturated fat, which should be consumed in moderation according to dietary guidelines. The fat content contributes to the creamy texture and flavor of the cheese.

Carbohydrates and Sugars

Carbohydrates in Frigo string cheese are minimal, usually less than 1 gram per stick, with negligible sugar content. This low carbohydrate level makes it suitable for individuals monitoring their blood sugar or following carbohydrate-restricted diets.

Vitamins and Minerals Content

Frigo string cheese also provides essential vitamins and minerals that contribute to overall health. While cheese is not a significant source of many vitamins, it does contain notable quantities of calcium and phosphorus, vital for bone health.

Calcium

Calcium is one of the most abundant minerals in Frigo string cheese. A single stick supplies approximately 15% to 20% of the recommended daily intake of calcium, supporting strong bones and teeth as well as proper muscle function.

Phosphorus

Phosphorus works synergistically with calcium to maintain bone density. Frigo string cheese offers a meaningful amount of phosphorus, contributing to a balanced mineral intake.

Other Minerals and Vitamins

Besides calcium and phosphorus, Frigo string cheese contains small amounts of zinc, vitamin A, and vitamin B12. Vitamin A supports vision and immune function, while vitamin B12 is crucial for nerve health and red blood cell production.

Ingredients and Allergen Information

Understanding the ingredients in Frigo string cheese is important for consumers with allergies or dietary restrictions. The product is made primarily from mozzarella cheese, which is derived from cow's milk, along with other natural ingredients to enhance texture and shelf life.

Primary Ingredients

- Pasteurized part-skim milk
- Cheese cultures
- Salt
- Enzymes (rennet)
- Calcium chloride
- Potassium sorbate (as a preservative)

These ingredients combine to create the characteristic texture and flavor of Frigo string cheese while maintaining its safety and freshness.

Allergen Considerations

Since Frigo string cheese contains milk, it is not suitable for individuals with milk allergies or lactose intolerance. However, it is generally well-tolerated by those with mild lactose sensitivity due to the fermentation process reducing lactose content. Consumers with dairy allergies should avoid this product.

Health Benefits of Frigo String Cheese

Frigo string cheese offers several health benefits when consumed as part of a balanced diet. Its nutrient-rich profile supports muscle maintenance, bone strength, and overall nutritional adequacy.

High-Quality Protein Source

The protein content in Frigo string cheese aids muscle repair and growth, making it an excellent snack option for athletes and active individuals. Protein also contributes to increased feelings of fullness, which can help with weight management.

Bone Health Support

With a significant amount of calcium and phosphorus, this cheese helps maintain bone density and may reduce the risk of osteoporosis when combined with other calcium-rich foods.

Convenient and Portion-Controlled

Individually wrapped sticks provide a convenient way to manage portion sizes and avoid overeating. This aspect is beneficial for those monitoring calorie intake or seeking quick, nutritious snacks on the go.

Dietary Considerations and Usage Tips

While Frigo string cheese is nutritious, certain dietary considerations should be kept in mind. It can fit into various eating plans but may require moderation depending on individual health goals.

Suitability for Low-Carb and Keto Diets

Due to its low carbohydrate content, Frigo string cheese is compatible with low-carb and ketogenic diets. It provides fats and proteins necessary for energy without adding significant carbs.

Moderation for Saturated Fat Intake

Consumers should be mindful of the saturated fat content in Frigo string cheese, especially those managing cholesterol levels or cardiovascular health. Limiting intake to recommended daily allowances is advisable.

Incorporating into Meals and Snacks

Frigo string cheese can be enjoyed on its own, paired with fruits or vegetables, or included in recipes for added flavor and nutrition. Its portability makes it a practical choice for school lunches, work snacks, or post-exercise nourishment.

- Eat plain as a quick snack
- Pair with apple slices or grapes
- Add to salads for extra protein
- Include in sandwiches or wraps
- Melt in omelets or casseroles

Frequently Asked Questions

What are the main nutritional components of Frigo String Cheese?

Frigo String Cheese primarily contains protein, fat, calcium, and sodium. A typical stick has about 80 calories, 6-7 grams of protein, 6 grams of fat, and around 200 mg of sodium.

How many calories are in one stick of Frigo String Cheese?

One stick of Frigo String Cheese contains approximately 80 calories.

Is Frigo String Cheese a good source of protein?

Yes, Frigo String Cheese provides about 6-7 grams of protein per stick, making it a good source of protein for a snack.

How much calcium does Frigo String Cheese provide?

One stick of Frigo String Cheese offers roughly 15-20% of the recommended daily value of calcium, which supports bone health.

What is the fat content in Frigo String Cheese?

Frigo String Cheese contains about 6 grams of fat per stick, including saturated fats, typically around 4 grams.

Does Frigo String Cheese contain any carbohydrates or sugars?

Frigo String Cheese has very low carbohydrate content, usually less than 1 gram per stick, and minimal to no sugars.

Is Frigo String Cheese low in sodium?

Frigo String Cheese contains about 200 mg of sodium per stick, which is moderate and should be considered if you are monitoring sodium intake.

Are there any allergens in Frigo String Cheese?

Frigo String Cheese contains milk and dairy products, so it is not suitable for those with milk allergies or lactose intolerance.

Can Frigo String Cheese be part of a keto or low-carb diet?

Yes, due to its high protein and fat content and very low carbohydrates, Frigo String Cheese is suitable for keto and low-carb diets.

Additional Resources

1. *The Nutritional Breakdown of Frigo String Cheese*

This book offers a detailed analysis of the nutritional content found in Frigo string cheese. It explores macronutrients such as protein, fat, and carbohydrates, as well as vitamins and minerals. Readers will gain insights into how this popular snack fits into a balanced diet.

2. *Healthy Snacking with Frigo String Cheese*

Focused on incorporating Frigo string cheese into a healthy lifestyle, this guide provides tips on portion control and pairing cheese with other nutritious foods. It also discusses the benefits and potential drawbacks of dairy snacks, helping readers make informed choices.

3. *Understanding Dairy Nutrition: Frigo String Cheese Edition*

This book delves into the nutritional aspects of dairy products, using Frigo string cheese as a case study. It covers lactose content, calcium benefits, and protein quality, making it a valuable resource for those interested in dairy nutrition.

4. Frigo String Cheese: A Protein-Packed Snack

Highlighting the role of protein in muscle repair and satiety, this book explains why Frigo string cheese is an excellent snack for athletes and active individuals. It also compares the protein content of string cheese with other common snacks.

5. The Science Behind Frigo String Cheese Nutrition Facts

This book takes a scientific approach to understanding the nutritional labels on Frigo string cheese packaging. It explains how to read and interpret nutrition facts, ingredient lists, and health claims effectively.

6. Low-Calorie Snacks: Frigo String Cheese and Beyond

Ideal for readers seeking low-calorie snack options, this book places Frigo string cheese within a broader context of healthy snacking. It offers meal plans and snack ideas that incorporate string cheese without compromising caloric goals.

7. Calcium-Rich Foods: The Role of Frigo String Cheese

Focusing on calcium and bone health, this book discusses how Frigo string cheese contributes to daily calcium intake. It also reviews related nutrients that support skeletal strength and overall wellness.

8. Frigo String Cheese Nutrition Myths and Facts

This book addresses common misconceptions about Frigo string cheese and dairy snacks in general. Through evidence-based information, it separates myths from facts, helping consumers make better nutritional choices.

9. Incorporating Frigo String Cheese into Balanced Diets

Targeted at nutritionists and dietitians, this book provides strategies for including Frigo string cheese in meal plans. It emphasizes moderation, nutrient balance, and the importance of diversity in food selection for optimal health.

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Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

frigo string cheese nutrition facts: Increasing Stringiness of Low Fat Mozzarella Cheese

Using Polysaccharides Erik N. Oberg, 2013 We examined the ability of polysaccharides to function as fat mimetics in low-fat (LF) mozzarella string cheese to improve functionality by acting like fat globules to separate protein fibers during cheese extrusion. Low-fat mozzarella cheese curd made from 273 kg of 0.7% fat milk was salted at a rate of 10 g/kg then divided into 3.6-kg batches that were hand-stretched in 5% brine at 80°C and formed into a homogeneous mass. The hot cheese was hand mixed with a hot 80°C polysaccharide slurry, placed into a small piston-driven extruder and then forced through a 16-mm die to form the string cheese. Extruded string cheese was cut manually into approximately 15-cm lengths. From preliminary trials using starches (waxy corn, waxy rice, and instant tapioca starch), xanthan and guar gums, and polydextrose, we determined that LF string cheese made using xanthan gum most closely resembled commercial string cheese. LF cheese was then made using a 10% xanthan gum slurry added at 0.25%, 0.5%, 1.0%, 1.5%, and 2.0% (wt/wt) levels. Cheeses were analyzed for fat, salt, pH, and moisture. After 2 wk of 4°C storage, the cheese was analyzed for extent of stringiness by pulling apart the cheese longitudinally, visually observing and photographing the size, length and appearance of individual strings of cheese. Hardness was determined using a Warner-Bratzler shear test. A consumer liking test was conducted after 2 and 8 wk storage time at 6°C. At 2-wk storage, using a hedonic scale (1 to 9) for overall liking, the LF string cheese with 1% added xanthan slurry (score = 6.8) was liked more (P<0.05) when considered on a JAR scale, most of the panelists scored the LF cheese with added xanthan gum (1%) as having the right texture, while only some did so for the retail cheese. The LF control cheese with no added gum was considered too firm. Using a visual comparison, adding the xanthan gum slurry produced greater fiber formation with the longest and most complete string separation. After 8 wk storage, the LF cheeses had softened extensively with fracture stress for LF cheese decreasing from 12 to 20 kg at 2 wk to 1.5 to 3 kg at 8 wk. Extent of stringiness also decreased during storage.

frigo string cheese nutrition facts: *Innovative Approaches to Extend the Performance Shelf-life of String Cheese and Fresh Cheese Curds* Maggie Becher, 2024 String cheese is a popular snack cheese in the U.S. and is growing in popularity worldwide. The main performance attributes include the stringiness, or the ability of the cheese to peel into many fine strands, as well as the firmness of the cheese. Both attributes are diminished with prolonged storage times, and this poses a shelf-life challenge when exporting string cheese. This research focused on different methods (high-pressure processing, low-temperature storage, a higher milk pasteurization temperature, and higher curd stretching temperatures) to control the proteolytic breakdown of the cheeses and to determine their impact on the stringiness and firmness attributes. To quantitatively evaluate the level of stringiness in the samples, we developed two new descriptive visual sensory attributes, and we used these attributes to monitor stringiness in the samples during storage. We also conducted a consumer panel to learn about consumer preferences regarding different levels of stringiness in commercial string cheese samples. Another type of snack cheese, fresh cheese curds, which are not as popular, but are well known in the state of Wisconsin, quickly diminishes in quality during the first week after manufacturing. This provides a challenge for distributing fresh curds outside of their local region. The main performance attribute that is quickly lost in fresh cheese curds is the squeakiness, or the ability of the cheese to produce squeaky sounds when the curd rubs against the teeth while chewing. We evaluated different types of rennet and a curd baking step to reduce the proteolytic breakdown of fresh curds during storage, which helped to retain higher levels of squeakiness in the curds. We developed a new method to acoustically measure the squeakiness and used this method, in addition to descriptive sensory analysis, to monitor the squeakiness throughout storage of the fresh curds.

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