

crisco shortening nutrition facts

crisco shortening nutrition facts provide essential information for understanding the nutritional content and health implications of this popular baking ingredient. Crisco shortening, widely used in cooking and baking, is known for its ability to create flaky textures and enhance flavor in various recipes. This article explores the detailed nutritional profile of Crisco shortening, including its calorie content, fat composition, and vitamins. Additionally, it examines the health considerations associated with its consumption and compares it with other common fats and oils. Understanding these factors is crucial for consumers aiming to make informed dietary choices. The following sections will offer a comprehensive look at Crisco shortening nutrition facts, ingredient analysis, health impacts, and usage tips.

- Nutritional Composition of Crisco Shortening
- Fat Content and Types of Fats in Crisco
- Health Implications of Consuming Crisco Shortening
- Comparing Crisco Shortening to Other Cooking Fats
- Practical Uses and Storage Recommendations

Nutritional Composition of Crisco Shortening

The nutritional composition of Crisco shortening reveals its primary role as a fat source in the diet. It is predominantly made up of fats, with minimal to no protein or carbohydrates. The energy provided by Crisco shortening is concentrated in its fat content, making it calorie-dense. Understanding these nutrition facts helps in managing intake for calorie control and dietary balance.

Calorie Content per Serving

A typical serving size of Crisco shortening is one tablespoon, which contains approximately 120 calories. These calories come almost exclusively from fat, with negligible amounts of other macronutrients. This high-calorie density is important to consider when incorporating Crisco into recipes or meal planning, especially for individuals monitoring their caloric intake.

Macronutrient Breakdown

The macronutrient profile of Crisco shortening is simple yet significant. It contains:

- 0 grams of protein
- 0 grams of carbohydrates
- Approximately 14 grams of total fat

This lack of protein and carbohydrates means Crisco functions almost solely as a fat source, contributing to the texture and flavor of food rather than nutritional diversity.

Micronutrients and Additives

While Crisco shortening is primarily fat, it sometimes contains added vitamins such as vitamin E, which acts as an antioxidant. However, it generally lacks significant amounts of other vitamins or minerals. The product may also include additives to improve shelf life and texture, but these do not contribute nutritional value.

Fat Content and Types of Fats in Crisco

Understanding the types of fats in Crisco shortening is critical for assessing its health effects. Crisco is a blend of vegetable oils that have been hydrogenated to achieve a specific consistency suitable for baking and frying. The process affects the fatty acid profile, impacting nutritional quality.

Saturated Fat

Crisco shortening contains a moderate amount of saturated fat, which is a type of fat associated with increased cholesterol levels when consumed in excess. A typical serving includes around 3.5 to 4 grams of saturated fat. Monitoring saturated fat intake is recommended by health authorities to reduce the risk of cardiovascular disease.

Trans Fat Content

Historically, partially hydrogenated oils in shortenings contributed to trans fat content, which is linked to negative heart health outcomes. However, modern formulations of Crisco have been adjusted to reduce or eliminate trans fats. Many Crisco products now advertise zero grams of trans fat per serving, aligning with

FDA regulations and consumer health trends.

Unsaturated Fats

Crisco shortening also contains unsaturated fats, including both monounsaturated and polyunsaturated fats derived from soybean and palm oils. These fats are generally considered healthier options and can support heart health when consumed in moderation.

- Monounsaturated fats: Approximately 4-5 grams per tablespoon
- Polyunsaturated fats: Approximately 5-6 grams per tablespoon

Health Implications of Consuming Crisco Shortening

Examining the health implications of Crisco shortening consumption involves understanding the balance of fats and their effects on cholesterol, heart health, and overall diet quality. While Crisco is convenient and effective in cooking, its nutritional profile requires mindful consumption.

Impact on Cholesterol and Heart Health

The saturated fat content in Crisco shortening can raise LDL ("bad") cholesterol levels if consumed in large amounts, potentially increasing cardiovascular risk. The elimination or reduction of trans fats in modern Crisco formulations has improved its health profile, but moderation remains key.

Caloric Density and Weight Management

Due to its high caloric density, excessive use of Crisco shortening may contribute to weight gain if not balanced with physical activity and other dietary factors. Using it sparingly or substituting with oils that have more favorable fat profiles can support weight management goals.

Considerations for Special Diets

Individuals following specific diets, such as low-fat or heart-healthy plans, should consider the fat content of Crisco shortening carefully. Additionally, those with allergies to soy or palm oil should verify ingredient lists to avoid adverse reactions.

Comparing Crisco Shortening to Other Cooking Fats

Assessing Crisco shortening against alternative fats helps consumers choose the best option for their nutritional needs and cooking preferences. Different fats bring varying health benefits and culinary properties.

Vegetable Oils

Vegetable oils like olive, canola, and sunflower oil are liquid at room temperature and typically contain higher amounts of unsaturated fats with minimal saturated fat. They are often favored for heart health but may not provide the same texture benefits as Crisco in baking.

Butter and Margarine

Butter contains natural saturated fats and cholesterol, while margarine varies depending on its formulation. Some margarines have been reformulated to reduce trans fats, but consumers should check labels carefully. Crisco shortening offers a neutral flavor and longer shelf life compared to butter.

Other Shortenings

Other shortenings on the market may use different oil blends or be labeled as non-hydrogenated to eliminate trans fats entirely. These alternatives may differ slightly in nutritional content and performance in recipes.

- Crisco shortening: solid at room temperature, zero or low trans fat, moderate saturated fat
- Olive oil: liquid, high monounsaturated fat, heart-healthy
- Butter: solid, high saturated fat, natural flavor
- Margarine: varies, watch for trans fat content

Practical Uses and Storage Recommendations

Crisco shortening is valued in culinary applications for its unique properties that affect texture and flavor. Proper use and storage can maximize its benefits and shelf life.

Culinary Applications

Crisco shortening is commonly used in baking for pie crusts, cookies, and pastries due to its ability to create flaky and tender textures. It is also used in frying because of its high smoke point. Understanding its nutritional facts can help balance its use within a healthy diet.

Storage Tips

To maintain quality, Crisco shortening should be stored in a cool, dry place away from direct sunlight. Properly sealed containers prevent oxidation and rancidity, preserving the product's flavor and texture over time.

Portion Control Strategies

Given its calorie-dense nature, measuring Crisco shortening accurately during cooking and baking is essential. Using kitchen scales or measuring spoons helps control portion sizes and manage overall fat intake effectively.

Frequently Asked Questions

What are the main ingredients in Crisco shortening?

Crisco shortening is primarily made of partially hydrogenated vegetable oils, including soybean and palm oils, along with emulsifiers and antioxidants.

How many calories are in one tablespoon of Crisco shortening?

One tablespoon of Crisco shortening contains approximately 120 calories.

Does Crisco shortening contain trans fats?

Traditional Crisco shortening contained trans fats, but the current formulation is zero grams trans fat per serving due to changes in processing.

What is the fat content in a serving of Crisco shortening?

One tablespoon of Crisco shortening contains about 14 grams of total fat.

Is Crisco shortening a good source of saturated fat?

Crisco shortening contains about 3.5 grams of saturated fat per tablespoon, which is considered moderate but should be consumed in moderation.

Does Crisco shortening contain any cholesterol?

No, Crisco shortening is plant-based and contains 0 mg of cholesterol per serving.

What vitamins or minerals are present in Crisco shortening?

Crisco shortening does not provide significant amounts of vitamins or minerals; it is mainly a source of fat and calories.

How does Crisco shortening compare nutritionally to butter?

Compared to butter, Crisco shortening contains no cholesterol and less saturated fat but provides similar calories and total fat content.

Additional Resources

1. *The Complete Guide to Crisco Shortening Nutrition*

This book offers an in-depth look at the nutritional profile of Crisco shortening, including its fat content, calorie count, and ingredient composition. It explores how Crisco compares to other cooking fats and provides insights into its role in a balanced diet. Readers will find practical tips on using Crisco in recipes while maintaining nutritional awareness.

2. *Understanding Fats: The Role of Shortening in Your Diet*

Focusing on different types of fats, this book explains the science behind shortening, including Crisco, and its impact on health. It discusses saturated, unsaturated, and trans fats, helping readers make informed choices. The book also addresses common misconceptions about Crisco and offers healthier alternatives.

3. *Crisco and Heart Health: What You Need to Know*

This book examines the relationship between Crisco shortening consumption and cardiovascular health. It reviews scientific studies on trans fats and cholesterol levels, providing balanced viewpoints. Readers will learn how to incorporate Crisco cautiously in their diet without compromising heart health.

4. *The Culinary Uses and Nutritional Facts of Crisco Shortening*

Combining culinary arts with nutrition science, this book highlights how Crisco shortening enhances texture and flavor in baking while detailing its nutritional facts. It includes recipes that use Crisco efficiently and tips on portion control. The book is ideal for both home cooks and nutrition enthusiasts.

5. *Shortening Facts: Debunking Myths About Crisco*

Addressing common myths and facts, this book clarifies the nutritional aspects of Crisco shortening. It explains manufacturing processes, ingredient transparency, and health implications. Readers will gain a clearer understanding of what they are consuming and how Crisco fits into modern diets.

6. *From Ingredient to Table: The Nutrition Journey of Crisco Shortening*

This book traces the production of Crisco shortening from raw materials to the finished product, highlighting nutritional changes along the way. It discusses processing methods that affect fat quality and nutritional value. The book also provides guidance on reading nutrition labels and making better food choices.

7. *Balancing Taste and Nutrition: Using Crisco in Healthy Cooking*

Offering practical advice, this book helps readers use Crisco shortening to achieve desired culinary results without sacrificing nutrition. It suggests ways to balance Crisco with healthier ingredients and portion sizes. The book includes meal plans and recipes tailored for various dietary needs.

8. *Nutritional Analysis of Popular Cooking Shortenings: Crisco in Focus*

This comparative analysis book dives into various cooking shortenings, with a particular focus on Crisco's nutritional content. It presents detailed charts and tables contrasting calories, fats, and additives. The book is a valuable resource for dietitians, chefs, and health-conscious consumers.

9. *Smart Baking with Crisco: Nutrition Tips and Tricks*

Designed for baking enthusiasts, this book combines nutritional insights with baking techniques using Crisco shortening. It explains how to modify recipes for healthier outcomes and how Crisco affects baked goods' texture and flavor. The book encourages mindful baking without compromising taste.

Crisco Shortening Nutrition Facts

Find other PDF articles:

<https://admin.nordenson.com/archive-library-606/Book?docid=upf07-2887&title=practice-pert-math-test.pdf>

crisco shortening nutrition facts: History of Hydrogenation, Shortening and Margarine (1860-2020) William Shurtleff; Akiko Aoyagi, 2020-06-05 One of the world's most comprehensive, well documented and well illustrated books on this subject, With extensive subject and geographic index. 106 photographs and illustrations - mostly color. Free of charge in digital format on Google Books.

crisco shortening nutrition facts: Nutrition and Weight Control for Longevity Lora Brown Wilder, 2007 This White Paper gives you answers based on the latest research. It provides you with up-to-date recommendations on how to start an exercise program, lose unwanted pounds, and reduce your risk of heart disease, cancer, high blood pressure, diabetes, and osteoporosis. You'll find

out which fad diets are dangerous, and which ones are less risky.

crisco shortening nutrition facts: Good Housekeeping , 1992

crisco shortening nutrition facts: *Visualizing Everyday Chemistry* Douglas P. Heller, Carl H. Snyder, 2015-01-20 Visualizing Everyday Chemistry Binder Ready Version is for a one-semester course dedicated to introducing chemistry to non-science students. It shows what chemistry is and what it does, by integrating words with powerful and compelling visuals and learning aids. With this approach, students not only learn the basic principles of chemistry but see how chemistry impacts their lives and society. The goal of Visualizing Everyday Chemistry Binder Ready Version is to show students that chemistry is important and relevant, not because we say it is but because they see it is. This text is an unbound, binder-ready version.

crisco shortening nutrition facts: Textbook of Cardiology: a Clinical and Historical Perspective H. K. Chopra, Navin C. Nanda, 2013-12-15 Performed in the cardiac catheterization laboratory is also included in this section. The next section deals with all aspects of cardiac surgery. Surgery for ischemic heart disease, valve surgery, aortic surgery, robotically assisted cardiac surgery, surgery for congenital heart disease and cardiac transplantation are covered by well-known experts. The last section points to expected refinements and future developments in cardiology, such as stem cell therapy, newer thrombolytics, new frontiers in balloon valvotomy and cardiac transplantation and artificial hearts. This book includes more than 300 full coloured images and illustration. It can be used as a reference book in every library, hospitals, medical colleges and research institutions.

crisco shortening nutrition facts: McCall's , 1992-04

crisco shortening nutrition facts: The Ladies' Home Journal Edward William Bok, 1923

crisco shortening nutrition facts: Red Book , 1992-05 The magazine for young adults (varies).

crisco shortening nutrition facts: Woman's Home Companion , 1923

crisco shortening nutrition facts: The NutriBase Nutrition Facts Desk Reference , 2001

From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

crisco shortening nutrition facts: *Forecast* , 1923

crisco shortening nutrition facts: *Country Living* , 1992

crisco shortening nutrition facts: The Best of Brock Claudie J. Brock, 2015-04-23 This collection of the favorite recipes of the experienced and well trained chefs as well as our associates and friends of Brock and Company, Inc., a food service company, is sure to provide many meals of surpassing dining pleasure. This beautifully laid out book contains over 200 tested recipes in categories of Beef, Breakfast & Breads, Chicken, Desserts & Sweets, Dips & Sauces, Family Heirlooms, Pasta, Pork, Salads, Seafood, Soups & Chilies, and Veggies & Sides. Brock and Company, Inc. is a Pennsylvania based company that for 85 years have been a leading force for excellence in food service to the corporate and school communities on the US East Coast and now Colorado.

crisco shortening nutrition facts: Food and Nutrition Dayle Hayes, Rachel Laudan, 2008-09 Eight volumes present articles covering aspects of food and nutrition from personal choice to global issues.

crisco shortening nutrition facts: Healthy Eating Through Informed Choice Mark Burkitt, 2014-08-28 This book offers a real insight into the complex issues that mould the frontiers of nutritional research. At last, here is a book, written for the layperson, by an expert in the science underpinning modern nutrition. After working at the forefront of biomedical research for over 20 years, exploring the fundamental chemical mechanisms by which nutrients such as vitamin C and E affect our health, Mark Burkitt felt he had to set the record straight on nutritional matters that are ever-increasingly causing confusion and alarm in the general public – so much so that many people have all but given up trying to eat a healthy diet. The overriding philosophy of Healthy Eating Through Informed Choice is that a healthy diet cannot be achieved by the blind following of 'rules' touted by the proponents of what Mark describes as the 'single issue diets'. The truth is, there are no simple answers. The way forward is through improved understanding of the underlying principles of

nutrition. After reading Healthy Eating Through Informed Choice, readers will be able to make wise, informed decisions on what to eat. Ultimately, they will be able to see through the headlines and hype and begin to make sense of the mixed messages we are being given on diet and health. Although this book is aimed primarily for people with absolutely no prior knowledge of science, it should also prove invaluable to health professionals seeking clarity and guidance on the role played by diet in some of our most common diseases. Described as a 'specialist book for the non-specialist reader', Healthy Eating Through Informed Choice bridges the enormous gulf that has opened up between nutritional science – grounded in reality – and the large body of pseudoscientific claptrap being perpetuated by self-appointed gurus.

crisco shortening nutrition facts: Clinical Handbook of Coronary Artery Disease Gundu HR Rao, 2020-08-31 Introduction 1 Diabetes and Coronary Artery Disease 2 Coronary Artery Disease in Women 3 Finding Solutions: Modifiable Risk Factors and Cardiovascular Disease in South Asians 4 Epidemiology of Diabetes in India 5 Diabetes in Low and Middle-income Countries: India as a Case Study 6 The North Karelia Project: From North Karelia to National and International Action 7 Development of Pediatric Cardiology in India 8 Cardiovascular Risk Stratification in South Asians 9 Body Composition and Cardiometabolic Disease in South Asians Compared to Other Ethnic Groups

crisco shortening nutrition facts: History of Soybean Crushing: Soy Oil and Soybean Meal (1980-2016): William Shurtleff; Akiko Aoyagi, 2016-10-30 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 378 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

crisco shortening nutrition facts: History of Early, Small and Other U.S. Soybean Crushers William Shurtleff; Akiko Aoyagi, 2020-09-27 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 115 photographs and illustrations - many color. Free of charge in digital PDF format.

crisco shortening nutrition facts: History of Soybeans and Soyfoods in Germany (1712-2016). 2nd ed. William Shurtleff; Akiko Aoyagi, 2016-07-12 The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 338 photographs and illustrations, many old and rare, many recent in color. Free of charge in digital PDF format on Google Books.

crisco shortening nutrition facts: Fructose Exposed M. Frank Lyons, 2010 The United States is witnessing an explosion of the metabolic syndrome. We have unprecedented levels of people walking around with high blood pressure, abdominal obesity, type II diabetes and high cholesterol. The healthcare system is overrun with heart disease, stroke, kidney failure, gout, fatty liver, gastroesophageal reflux disease and the complications that come with prolonged obesity. Research is finally defining the cause of the metabolic syndrome. A sugar in the headlines these days, high fructose corn syrup (HFCS), was initially thought to be the culprit. But fructose, also known as fruit sugar, is the true villain; and its consumption in America has increased 600% in the past 25 years! While the nation is boycotting HFCS and returning to table sugar-sweetened foods, excess fructose is killing adults and the youth of America. FRUCTOSE EXPOSED clarifies the misunderstanding surrounding fructose, HFCS and the metabolic disaster that develops from chronic, excess fructose consumption. M. Frank Lyons II, M.D. is a practicing gastroenterologist in Tacoma, Washington. He has been a clinical researcher, teacher and writer for the past quarter century. He is a recent author of 42 Days to a New Life-a book that describes the importance of a balanced fat diet to prevent numerous diseases. Dr. Lyons has BS and MS degrees in microbiology and a Doctorate in Medicine. He is board certified in Internal Medicine and Gastroenterology and is a Fellow of the American College of Physicians and the American College of Gastroenterology. His passion is to discover the causes of the exploding medical problems that are afflicting millions of Americans that he has witnessed firsthand during his medical career. His desire to teach his patients how to reverse many of those diseases has led to the research and writing of FRUCTOSE EXPOSED and 42 Days to a New Life.

Related to crisco shortening nutrition facts

Crisco - Cooking Oil, Cooking Spray, Vegetable Shortening Since its introduction in 1911, Crisco has revolutionized the way food is prepared and how it tastes. The first shortening product made of plant-based oils and oil seeds, we are the Pie

All-Vegetable Shortening - Crisco® Crisco All-Vegetable Shortening delivers flaky crusts, crispy fried foods, and moist baked goods—zero trans fat and trusted by bakers for generations

Recipes Archive - Crisco® From classic Crisco pie crust recipes to crispy chicken tenders, there are delicious options in the official Crisco Recipes collection for everyone

Products Archive - Crisco® Reach for Crisco® products. Our products have been around for over a hundred years, so let's just say we've got this whole shortening and oil thing down

Classic Crisco Buttermilk Biscuits Directions Position the oven rack in the center of the oven. Heat oven to 475°F. Spray an 8" cake pan with no-stick spray. Pulse self-rising flour, baking soda, and salt in a bowl of a food

What is Shortening? - Crisco® Crisco® is the leading brand of all-vegetable shortening that has been a kitchen staple since 1911. While there are other vegetable shortening brands, Crisco® is known for its high-quality

About Us - Make Moments Memorable - Crisco From being the first shortening product made of plant based oils and oil seeds to creating the first cooking oil that was promoted for its light taste, Crisco has been making life in the kitchen more

Grandma's Classic Fried Chicken - Crisco® Directions Add your chicken to a large bowl then add in the buttermilk and all of the seasonings including the seasoned salt, paprika, and garlic powder. Cover the bowl with a lid or with

Make It Better - Crisco® Crisco ® All-Vegetable Shortening will make your cakes moist, pie crusts flaky, cookies soft and frosting fluffy. One look, and you'll see why we've got butter beat

Top 10 Crisco® Cookie Recipes Discover the top 10 most-loved Crisco cookie recipes! From classic chocolate chip to spiced molasses, these irresistible cookies are fan favorites for a reason

Crisco - Cooking Oil, Cooking Spray, Vegetable Shortening Since its introduction in 1911, Crisco has revolutionized the way food is prepared and how it tastes. The first shortening product made of plant-based oils and oil seeds, we are the Pie

All-Vegetable Shortening - Crisco® Crisco All-Vegetable Shortening delivers flaky crusts, crispy fried foods, and moist baked goods—zero trans fat and trusted by bakers for generations

Recipes Archive - Crisco® From classic Crisco pie crust recipes to crispy chicken tenders, there are delicious options in the official Crisco Recipes collection for everyone

Products Archive - Crisco® Reach for Crisco® products. Our products have been around for over a hundred years, so let's just say we've got this whole shortening and oil thing down

Classic Crisco Buttermilk Biscuits Directions Position the oven rack in the center of the oven. Heat oven to 475°F. Spray an 8" cake pan with no-stick spray. Pulse self-rising flour, baking soda, and salt in a bowl of a food

What is Shortening? - Crisco® Crisco® is the leading brand of all-vegetable shortening that has been a kitchen staple since 1911. While there are other vegetable shortening brands, Crisco® is known for its high-quality

About Us - Make Moments Memorable - Crisco From being the first shortening product made of plant based oils and oil seeds to creating the first cooking oil that was promoted for its light taste, Crisco has been making life in the kitchen

Grandma's Classic Fried Chicken - Crisco® Directions Add your chicken to a large bowl then add in the buttermilk and all of the seasonings including the seasoned salt, paprika, and garlic powder. Cover the bowl with a lid or with

Make It Better - Crisco® Crisco ® All-Vegetable Shortening will make your cakes moist, pie crusts flaky, cookies soft and frosting fluffy. One look, and you'll see why we've got butter beat

Top 10 Crisco® Cookie Recipes Discover the top 10 most-loved Crisco cookie recipes! From

classic chocolate chip to spiced molasses, these irresistible cookies are fan favorites for a reason

Back to Home: <https://admin.nordenson.com>