

subway nutrition italian herb cheese bread

subway nutrition italian herb cheese bread is a popular choice among Subway customers who seek a flavorful and aromatic base for their sandwiches. This bread variety combines the savory essence of Italian herbs with the richness of melted cheese, creating a unique taste profile that complements a wide range of sandwich fillings. Understanding the nutritional content of Subway's Italian Herb Cheese Bread is essential for those tracking their dietary intake or making informed food choices. This article delves into the detailed subway nutrition italian herb cheese bread facts, including calorie count, macronutrients, vitamins, minerals, and potential dietary considerations. Additionally, it explores how this bread fits into various dietary preferences and offers tips for customizing sandwiches to maintain balanced nutrition. The following sections provide a comprehensive overview of the key aspects of subway nutrition italian herb cheese bread.

- Nutritional Composition of Italian Herb Cheese Bread
- Caloric Content and Macronutrients
- Vitamins and Minerals in Italian Herb Cheese Bread
- Dietary Considerations and Allergen Information
- Comparing Italian Herb Cheese Bread with Other Subway Bread Options
- Incorporating Italian Herb Cheese Bread into a Balanced Diet

Nutritional Composition of Italian Herb Cheese Bread

Subway's Italian Herb Cheese Bread is crafted with a blend of enriched wheat flour, Italian herbs, and a layer of melted cheese baked into the crust. This combination not only enhances flavor but also influences the bread's nutritional profile. The inclusion of herbs such as oregano, basil, and parsley provides aromatic compounds with minor health benefits, while the cheese adds protein and fat content. The bread's texture is slightly denser compared to plain white or wheat bread varieties due to the cheese topping. Understanding the ingredients and their nutritional contributions is essential for evaluating the subway nutrition italian herb cheese bread effectively.

Ingredients Overview

The primary ingredients of Subway's Italian Herb Cheese Bread include enriched wheat flour, water, cheese (typically a blend of mozzarella and cheddar), yeast, sugar, salt, Italian herb seasoning, and vegetable oil. These components contribute to the bread's taste, texture, and nutritional attributes. The cheese topping is a significant factor in increasing the fat and calorie content relative to other bread choices.

Effect of Cheese and Herbs on Nutrition

The cheese baked into the crust adds saturated fat and sodium, which can impact overall dietary intake. Meanwhile, the Italian herbs contribute negligible calories but add flavor without additional fat or sugars. This makes Italian Herb Cheese Bread a flavorful but moderately rich carbohydrate source within a Subway sandwich.

Caloric Content and Macronutrients

One of the primary concerns for consumers interested in subway nutrition italian herb cheese bread is its caloric value and macronutrient breakdown. This bread impacts the total calorie count of any sandwich and contributes meaningful amounts of carbohydrates, proteins, and fats.

Calories per Serving

A 6-inch serving of Subway Italian Herb Cheese Bread contains approximately 210 to 220 calories. This is higher than many other Subway bread options due to the cheese topping. For a 12-inch sandwich, the bread alone contributes about 420 to 440 calories, which should be considered when calculating total meal calories.

Macronutrient Breakdown

The macronutrient content of Italian Herb Cheese Bread per 6-inch portion generally includes:

- Carbohydrates: 38 to 40 grams

- Protein: 8 to 10 grams
- Fat: 5 to 7 grams (with about 2 to 3 grams of saturated fat)
- Dietary Fiber: 2 to 3 grams
- Sugars: 3 to 4 grams

The carbohydrate content primarily comes from enriched wheat flour, while the cheese topping contributes to the fat and protein content. This distribution makes the bread a moderate source of energy, with a balance of macronutrients suitable for many dietary needs.

Vitamins and Minerals in Italian Herb Cheese Bread

Beyond macronutrients, subway nutrition italian herb cheese bread provides a modest amount of essential vitamins and minerals, mainly from enriched flour and cheese components. These micronutrients play a role in overall health and nutritional adequacy.

Key Vitamins Present

The enriched wheat flour used in Italian Herb Cheese Bread is fortified with B vitamins such as:

- Thiamin (Vitamin B1)
- Riboflavin (Vitamin B2)
- Niacin (Vitamin B3)
- Folic Acid (Vitamin B9)

These vitamins are crucial for energy metabolism and cellular function. The cheese also provides small amounts of Vitamin A and Vitamin D, contributing to immune health and bone strength.

Important Minerals

The bread contains minerals such as:

- Calcium: Mainly from the cheese, supporting bone and dental health
- Iron: From enriched flour, important for oxygen transport in the blood
- Sodium: Present in moderate amounts due to cheese and added salt

Consumers monitoring sodium intake should account for the cheese's contribution, as it can increase the overall sodium content of the sandwich.

Dietary Considerations and Allergen Information

Evaluating subway nutrition italian herb cheese bread also involves understanding dietary restrictions and allergens. This section highlights critical considerations for individuals with specific health needs.

Gluten and Wheat Allergies

The bread contains wheat flour and gluten, making it unsuitable for people with celiac disease or wheat allergies. Subway does not currently offer a gluten-free version of Italian Herb Cheese Bread, so those with gluten sensitivities should choose alternative bread options.

Dairy Allergies and Lactose Intolerance

The cheese topping includes dairy ingredients, which may cause reactions in individuals with dairy allergies or lactose intolerance. The dairy content also increases the saturated fat content, which may be a consideration for heart-healthy diets.

Vegetarian Suitability

Italian Herb Cheese Bread is suitable for lacto-vegetarians, as it contains no meat products. However, it is not vegan due to the cheese content. This bread option can complement a vegetarian sandwich filling for added flavor and protein.

Comparing Italian Herb Cheese Bread with Other Subway Bread Options

Understanding how subway nutrition italian herb cheese bread compares with other bread choices at Subway helps consumers make informed decisions based on flavor preferences and nutritional goals.

Calorie and Fat Comparison

Compared to standard white or wheat bread options, Italian Herb Cheese Bread generally contains more calories and fat due to its cheese topping. For example, 6-inch white bread typically has around 200 calories with lower fat content, while Italian Herb Cheese Bread contains approximately 210-220 calories with higher fat.

Flavor and Texture Differences

The herb and cheese combination creates a savory and aromatic flavor profile that enhances sandwiches without additional condiments. The texture is slightly denser and more flavorful, making it a preferred choice for those seeking richer bread options.

Other Specialty Breads

Subway offers several other specialty breads such as Parmesan Oregano, Flatbread, and Multigrain. Each has unique nutritional characteristics and flavor profiles, but Italian Herb Cheese Bread stands out for its combination of cheese and herbs baked into the crust.

Incorporating Italian Herb Cheese Bread into a Balanced Diet

When including subway nutrition italian herb cheese bread in meals, it is important to balance it with nutrient-dense fillings and sides to achieve a well-rounded diet.

Healthy Sandwich Combinations

Pairing Italian Herb Cheese Bread with lean proteins like turkey, chicken breast, or plant-based options can optimize protein intake while controlling fat levels. Adding plenty of fresh vegetables contributes fiber, vitamins, and minerals, enhancing the overall nutritional value.

Portion Control and Meal Planning

Considering the bread's calorie and fat content, moderating portion size or opting for a 6-inch sandwich rather than a 12-inch can help manage calorie intake. Selecting lower-calorie toppings and avoiding high-fat dressings will also maintain a balanced meal.

Alternatives for Special Diets

Individuals following low-carb or low-fat diets may limit consumption of Italian Herb Cheese Bread, choosing lower-calorie or gluten-free alternatives offered by Subway. Consulting nutrition information prior to ordering supports adherence to dietary goals.

Frequently Asked Questions

What are the main ingredients in Subway's Italian Herb and Cheese bread?

Subway's Italian Herb and Cheese bread typically contains enriched wheat flour, water, Italian herbs (such as oregano and basil), cheese blend (usually Parmesan and Romano), yeast, sugar, salt, and various dough conditioners.

How many calories are in a 6-inch Subway sandwich made with Italian Herb and Cheese bread?

A 6-inch Subway sandwich on Italian Herb and Cheese bread generally contains around 210 calories from the bread alone, with total sandwich calories varying depending on the fillings.

Is Subway's Italian Herb and Cheese bread suitable for people with gluten intolerance?

No, Subway's Italian Herb and Cheese bread contains wheat flour and gluten, so it is not suitable for people with gluten intolerance or celiac disease.

Does the Italian Herb and Cheese bread at Subway contain any dairy?

Yes, the Italian Herb and Cheese bread contains cheese ingredients, which means it includes dairy products.

How does the nutritional content of Italian Herb and Cheese bread compare to other Subway bread options?

Italian Herb and Cheese bread tends to have more calories and fat compared to plain breads like 9-Grain Wheat or Honey Oat due to the added cheese and herbs.

Can Subway's Italian Herb and Cheese bread fit into a low-carb diet?

Subway's Italian Herb and Cheese bread is relatively high in carbohydrates, so it may not be suitable for strict low-carb diets.

Are there any allergens present in Subway's Italian Herb and Cheese bread?

Yes, Subway's Italian Herb and Cheese bread contains wheat and dairy, which are common allergens. It may also contain soy and egg depending on the recipe.

Additional Resources

1. The Art of Subway Nutrition: Eating Well on the Go

This book explores how to make healthy and nutritious choices at Subway and other fast-food chains. It provides detailed nutritional information and tips for customizing your meal to fit various dietary needs. Readers will learn how to enjoy flavorful options without compromising their health goals.

2. Italian Herb Cheese Bread: Recipes and History

Delve into the rich history and delicious recipes of Italian herb cheese bread, a popular Subway menu item. This book covers the origins of the bread, its flavor profile, and several easy-to-make recipes. Perfect for home bakers and food enthusiasts looking to recreate the Subway favorite.

3. Subway Sandwiches: A Nutritional Guide

A comprehensive guide to the nutritional content of all Subway sandwiches, including detailed breakdowns of calories, fats, proteins, and carbohydrates. The book also offers advice on how to optimize your sandwich for better health, including incorporating fresh vegetables and choosing whole-grain breads.

4. Herbs and Cheese: Enhancing Everyday Breads

Explore the combination of herbs and cheese in bread-making with this informative book. It explains how different herbs complement cheeses and enhance the flavors of bread, with recipes inspired by popular fast-food items like Subway's Italian herb cheese bread. Ideal for those who want to elevate their baking skills.

5. Fast Food Nutrition: Making Smart Choices at Subway

This book helps readers navigate the Subway menu with a focus on nutrition and balanced eating. It discusses the pros and cons of various bread types, including Italian herb cheese bread, and suggests modifications to reduce calories and increase nutrients. A valuable resource for health-conscious fast food lovers.

6. Baking Italian Herb Cheese Bread at Home

A step-by-step guide to baking the perfect Italian herb cheese bread, replicating the Subway style. The book covers ingredient selection, baking techniques, and tips for achieving the ideal texture and flavor. It also includes variations to suit different tastes and dietary restrictions.

7. Subway's Secret: The Science of Flavor and Nutrition

Uncover the science behind Subway's popular menu items, with a focus on how ingredients like Italian herb cheese bread are formulated for taste and nutrition. This book combines food science with culinary arts to explain why Subway's offerings have become favorites worldwide.

8. Healthy Sandwiches with Italian Flair

A cookbook dedicated to creating healthy sandwiches inspired by Italian flavors, including the use of herb cheese bread. It offers recipes that balance taste and nutrition, incorporating fresh vegetables, lean proteins, and flavorful breads. Perfect for those who want to bring Subway-style sandwiches into their kitchen.

9. The Ultimate Guide to Bread and Sandwich Nutrition

This comprehensive guide covers the nutritional aspects of various breads and sandwich fillings, with a special chapter on Italian herb cheese bread. It helps readers understand how to build nutritious sandwiches that support a healthy lifestyle. The book also provides tips for meal planning and portion control.

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