

beach cliff sardines in mustard sauce nutrition

beach cliff sardines in mustard sauce nutrition offers a unique insight into the health benefits and dietary values of this popular canned seafood product. Sardines, known for their rich nutrient profile, are often consumed for their high omega-3 fatty acids, protein, and essential vitamins. When combined with mustard sauce, the flavor profile changes, but it also introduces additional ingredients that may affect the overall nutritional content. This article explores the detailed nutrition facts of beach cliff sardines in mustard sauce, including macronutrients, micronutrients, and potential health benefits. Additionally, it addresses considerations regarding sodium content and allergen information. The comprehensive analysis aims to provide a clear understanding of how this product fits into a balanced diet. Following this introduction, a structured table of contents outlines the main sections covered in the article.

- Nutritional Profile of Beach Cliff Sardines in Mustard Sauce
- Health Benefits Associated with Sardines
- Macronutrient Breakdown
- Micronutrients and Vitamins in Sardines
- Sodium Content and Dietary Considerations
- Potential Allergens and Consumption Tips

Nutritional Profile of Beach Cliff Sardines in Mustard Sauce

Beach cliff sardines in mustard sauce provide a nutrient-dense food option, combining the benefits of sardines with the tangy flavor of mustard. Typically packaged in cans, these sardines are preserved in a sauce that contains mustard, vinegar, and sometimes spices. The nutritional profile reflects the natural composition of sardines along with added ingredients from the sauce. Understanding this profile helps consumers make informed dietary choices.

Calories and Serving Size

A standard serving of beach cliff sardines in mustard sauce is usually around 3.75 ounces (106 grams). This serving size contains approximately 180 to 220 calories, depending on the exact formulation of the sauce and the sardine content. The calories primarily come from protein and healthy fats inherent in the fish, with minimal carbohydrates contributed by the mustard sauce.

Protein Content

Protein is one of the most significant contributors to the nutritional value of sardines. Beach cliff sardines in mustard sauce typically provide about 20 to 23 grams of protein per serving. This high protein content supports muscle maintenance, repair, and overall bodily functions, making sardines an excellent source of complete protein for various dietary needs.

Health Benefits Associated with Sardines

Sardines are renowned for their health-promoting properties, largely due to their rich nutrient composition. Incorporating beach cliff sardines in mustard sauce into the diet can offer several benefits, including cardiovascular support, bone health, and anti-inflammatory effects.

Omega-3 Fatty Acids

One of the standout nutritional aspects of sardines is their high concentration of omega-3 fatty acids, particularly EPA and DHA. These essential fats help reduce inflammation, support heart health, and improve brain function. Beach cliff sardines retain these beneficial fats even when packed in mustard sauce, making them a valuable source of omega-3s.

Bone Health and Calcium

Because sardines are commonly canned with their bones, they provide an excellent source of calcium and phosphorus, which are critical for maintaining strong bones and teeth. A single serving of beach cliff sardines in mustard sauce can contribute significantly toward the recommended daily calcium intake.

Macronutrient Breakdown

Analyzing the macronutrient composition of beach cliff sardines in mustard sauce reveals the balance of fats, proteins, and carbohydrates. This balance is crucial for those tracking their macronutrient intake for fitness or health reasons.

Fats

The fat content in sardines is predominantly healthy unsaturated fats, including omega-3 fatty acids. A typical serving contains about 10 to 12 grams of fat, with saturated fat accounting for approximately 2 to 3 grams. These healthy fats contribute to heart health and provide long-lasting energy.

Carbohydrates

The carbohydrate content in sardines with mustard sauce is generally low, usually less than 5 grams

per serving. The carbohydrates come mainly from the mustard sauce, which may include added sugars or vinegar. This low carbohydrate content suits low-carb or ketogenic dietary plans.

Micronutrients and Vitamins in Sardines

In addition to macronutrients, beach cliff sardines in mustard sauce are packed with essential vitamins and minerals that support overall health and well-being.

Vitamin D

Sardines are one of the few natural food sources rich in vitamin D, which is vital for calcium absorption and immune function. A serving of beach cliff sardines can provide a significant portion of the daily recommended vitamin D intake.

Vitamin B12

Vitamin B12 is essential for nerve function and the production of red blood cells. Sardines are a potent source of this vitamin, making beach cliff sardines in mustard sauce an excellent dietary choice for preventing deficiency.

Other Minerals

Besides calcium and phosphorus, sardines supply important minerals such as iron, magnesium, potassium, and selenium. These micronutrients contribute to various physiological functions, including oxygen transport, muscle function, and antioxidant defense.

Sodium Content and Dietary Considerations

One important aspect to consider when evaluating beach cliff sardines in mustard sauce nutrition is the sodium content. Canned products often contain added salt for preservation and flavor enhancement, which impacts sodium levels.

Sodium Levels

A typical serving of beach cliff sardines in mustard sauce may contain between 300 to 500 milligrams of sodium. While this amount can fit within a balanced diet, individuals monitoring sodium intake for hypertension or cardiovascular health should consume sardines in moderation or look for low-sodium options.

Balancing Sodium Intake

To manage sodium consumption while enjoying sardines, pairing the product with fresh vegetables, whole grains, and other low-sodium foods is recommended. Additionally, rinsing canned sardines briefly before eating may reduce some surface sodium, although it could also diminish flavor.

Potential Allergens and Consumption Tips

When incorporating beach cliff sardines in mustard sauce into the diet, awareness of possible allergens and preparation tips is essential for safety and enjoyment.

Allergen Information

Sardines are fish and a known allergen for some individuals. The mustard sauce may also contain mustard seeds or other spices that could trigger allergic reactions. It is important for consumers to review ingredient labels carefully to avoid allergens.

Serving Suggestions

Beach cliff sardines in mustard sauce can be enjoyed straight from the can or incorporated into various dishes such as salads, sandwiches, or pasta. Their rich nutritional content and distinctive flavor make them a versatile addition to healthy meals.

- Ideal paired with whole grain bread or crackers
- Complemented by fresh vegetables and herbs
- Incorporated into Mediterranean-style recipes for added flavor and nutrition

Frequently Asked Questions

What are the nutritional benefits of Beach Cliff sardines in mustard sauce?

Beach Cliff sardines in mustard sauce are rich in omega-3 fatty acids, protein, calcium, and vitamin D, which support heart health, bone strength, and overall wellness.

How many calories are in a serving of Beach Cliff sardines in mustard sauce?

A typical serving of Beach Cliff sardines in mustard sauce contains approximately 150-200 calories, depending on the portion size.

Are Beach Cliff sardines in mustard sauce a good source of protein?

Yes, Beach Cliff sardines in mustard sauce provide a high amount of protein, usually around 20 grams per serving, making them a good choice for muscle repair and growth.

Does the mustard sauce add significant sugar or sodium to the sardines?

The mustard sauce in Beach Cliff sardines does add some sodium and a small amount of sugar, so it's advisable to check the nutrition label if you are monitoring intake of these ingredients.

Are Beach Cliff sardines in mustard sauce suitable for a low-carb diet?

Yes, Beach Cliff sardines in mustard sauce are low in carbohydrates, typically containing less than 2 grams per serving, making them suitable for low-carb and ketogenic diets.

Do Beach Cliff sardines in mustard sauce contain any allergens?

Beach Cliff sardines in mustard sauce primarily contain fish and mustard, which are common allergens. Individuals with fish or mustard allergies should avoid this product.

Additional Resources

1. The Nutritional Power of Sardines: A Beach Cliff Delight

This book explores the rich nutritional profile of sardines, especially when preserved in mustard sauce. It delves into the health benefits of omega-3 fatty acids, calcium, and protein found in sardines. Readers will also learn how coastal communities, particularly those near beach cliffs, have traditionally incorporated sardines into their diets for optimal health.

2. Beach Cliff Canning: The Art of Sardines in Mustard Sauce

Focusing on the culinary and preservation techniques, this guide teaches readers how to prepare and can sardines in mustard sauce using traditional methods inspired by beach cliff fishing villages. It

covers ingredient selection, sauce preparation, and safe canning practices. The book also includes recipes that highlight the flavors of this unique seafood delicacy.

3. From Sea to Table: Sardines in Mustard Sauce and Their Nutritional Impact

This comprehensive text examines the journey of sardines from their natural habitat near beach cliffs to the dinner plate. It discusses the nutritional transformations that occur during processing and how mustard sauce enhances both flavor and health benefits. Case studies illustrate the role of sardines in balanced diets worldwide.

4. Omega-3 Rich Diets: Sardines in Mustard Sauce for Heart Health

Dedicated to heart health enthusiasts, this book emphasizes the cardiovascular benefits of consuming sardines preserved in mustard sauce. It explains how the combination of sardines' omega-3 fatty acids and mustard's antioxidant properties support heart function. Practical meal plans and scientific research back up the health claims.

5. Cliffside Cuisine: Seafood Delicacies Featuring Sardines in Mustard Sauce

Exploring the gastronomic traditions of beach cliff communities, this cookbook celebrates sardines in mustard sauce as a central ingredient. It offers a variety of recipes, from appetizers to main courses, inspired by coastal flavors. The book also shares cultural stories and the significance of sardines in local diets.

6. Mustard Sauce and Sardines: A Nutritional Analysis

This academic work provides an in-depth nutritional analysis of sardines preserved in mustard sauce. It compares macro- and micronutrient content with other seafood preservation methods. The book is ideal for nutritionists, dietitians, and food scientists interested in functional foods and health-promoting ingredients.

7. Sustainable Fishing and Nutrition: Sardines from Beach Cliffs to Your Plate

Addressing environmental and nutritional concerns, this book discusses sustainable sardine fishing practices near beach cliffs and their impact on ecosystem health. It examines how sustainable sourcing influences the nutritional quality of sardines in mustard sauce. Readers gain insight into

responsible consumption and its benefits for future generations.

8. *The Ultimate Guide to Sardines: Mustard Sauce Recipes and Nutritional Facts*

This practical guide combines flavorful mustard sauce recipes with detailed nutritional facts about sardines. It caters to home cooks interested in boosting their diet with nutrient-dense seafood.

Nutritional tips and cooking techniques make it a comprehensive resource for incorporating sardines into everyday meals.

9. *Beach Cliff Sardines: Tradition, Taste, and Nutrition*

Highlighting the cultural heritage of sardine fishing on beach cliffs, this book weaves together tradition, taste, and nutrition. It explores how sardines in mustard sauce have been a staple in coastal diets for centuries. The narrative includes interviews with fishermen, chefs, and nutrition experts, providing a holistic view of this beloved seafood delicacy.

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