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## Asiago cheese nutrition information

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NUTRITION DATA OPINION Nutrition data rewards foods 0-5 stars in each of the three categories based on nutrient density (ND Rating) and their fullness factor ™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without filling are considered better choices for healthy weight gain. Foods with more essential nutrients per calorie are considered better choices for optimal health. Nutrition data also show whether food is particularly high or low in different nutrients, according to FDA dietary recommendations. Read more NutritionData opinion Recipes by Title Ingredient Tips developed Asiago cheese Quick Facts Name: Asiago cheese Origin Italy Colours Yellow Main nutrients Total fat (4.29%) Calcium (4.00%) Sodium (2.33%) Protein (2.00%) Asiago cheese is an Italian cow's milk with a different texture, such as smooth or crumbly, which depends on its aging. This cheese is grated in soups, salads, sauces and pastas. It is sliced to make sandwiches or Panin and can also be melted in various dishes and cantaloupe. Being one of the typical products of the Veneto region, it is still popular and widely used in the DOP area where it is produced. Strictly, the production area determines that it starts in the meadows of Po Valley and ends in alpine pastures between the Asiago Plateau and the Trentino Highlands. Milk is collected in an officially designated area. Asiago DOP production extends to 4 provinces in north-east Italy (vicenza and Trento as a whole and part of the provinces of Treviso and Padua). It is made and matured in a dairy located further 600 meters above sea level, using milk from farms that are also more than 600 meters above sea level and are entitled to additional labelling of the Product of the Goats. cheeses are mainly produced in the United States by various techniques and cultures that produce cheese of a similar lookalike and taste. The case has to go through. Through taking into account the different textures according to its ageing. The new Asiago and Aged Asiago are the two types of Asia. Fresh Asiago has a smooth texture and Aged Asiago has a crumbling structure. At a young age, it is called a tarpaulin and matured is known as d'allevo. The latter are classified as: Mezzano, Stravecchio and Vecchio. Asiago d'allevo has different maturation times, such as Mezzano matures for 4-6 months, Stravecchio is matured for two years and Vecchio matures for more than ten months. Asiago Pressato is a soft and mild cheese made with whole milk and matured for a month. The color of the shells depends on the age, which can be straw-colored and elastic brownish gray and hard. Asiago can be used for defrosting, grating and slicing in various salads, soups, sandwiches, sauces and pastas based on aging. This cheese is solid and mould-pressed, originating in Italy. It can be consumed after three weeks of aging, but it can also be allowed to age. Asiago with a shorter aged form is called Asiago Pressato. Asiago cheese is cylindrically shaped, 30–35 cm in diameter and about 10 cm high. The cheese round weighs 8–12 kilograms. The color varies from amber to brown when completely ripened and the crust becomes fine and smooth, but hard. History between the 11th and 15th centuries sheep farming was the dominant agricultural activity designed to produce salty cheese and also wool. About 1,500 sheep were replaced by cattle as a result of modernization of breeding. In this area, beef milk replaced sheep's milk in cheeses in the 19th century. Traditional cheese production technology will continue to be preserved on the farms on the plain, which were improved by modern technology. This spread widely to small and medium-sized dairies in the Asiago region. Until the 19th century, Asiago cheese production became more common. Asiago cheese-1 Asiago cheese-2 Half-cut-Asiago cheese Sliced-Asiago cheese Wheel-of-Asiago cheese Grated-Asiago cheese How to make Asiago cheese? Ingredients: 6 liters whole milk 2 liters skimmed milk 1/2 teaspoon liquid rennet diluted in 1/4 cup cool water 1/2 teaspoon. straight-set thermally vibe culture Cheese salt Instructions: Heat the milk in one large pot over low heat. Slowly raise the temperature to 92°F. Mix the starter by sprinkled it on the surface of the milk and let it hydrate for 5 minutes before mixing. Cover the milk and keep the temperature at 92°F for about 45 minutes. Mix the retread with long, up and down movements. Cover it and let it stay for 1 hour by maintaining the temperature at 92°F. When the curd has burst, cut the curd into 1/2-inch pieces and let it last about 5 minutes. Slowly heat the temperature to 104°F. Remove it from the heat when the curd has reached 104 °F and stir continuously for 15 minutes. Place the jug on the stove over low heat and gently raise the heat to 118°F Regularly. Stop mixing curd once temperature has been reached and let it settle. Cover it and keep the temperature at 118°F. Remove the ingeste with the help of a bucket. Line with a cheese cloth in the emptying racks and place it in the emptying rack. Transfer warm curds to lined moulds. Gently press the curd a few times. Put a follower on top of the filled moulds and press it for an hour at 8 pounds. Remove, turn and re-dress the cheese and press again 8 kilograms for another 8 hours. When the cheese is pressed, prepare a gallon of saturated saline and cool it to 50°F. After pressing, take off the moulds and put them in saline. Let it soak for 12 hours. During the soaking period, turn them a few times. Remove the cheese from the brine and let it dry. Keep it on the drying rack and cover it with a clean cheesecloth. Air dry for several days or until the surface of the cheese dries to touch. Also turn the cheese a few times during the drying process. The types Asiagos Fresh Asiago are also known as Asiago Pressato. The cheese is made from whole milk and matured for a month. Its texture is smooth and sold as soft and milder cheese. The aged Asiago, also known as Asiago d'allevo, has a crumbling structure. It is matured for a different period of time depending on the variety: Mezzano has aged 4-6 months, Vecchio has aged more than 19 months, and Stravecchio has aged at least two years. How to eat grate this cheese in salads, pastas, soups and sauces. A slice of fresh Asiago is used to make sandwiches or Panin. Digest a variety of dishes, such as cantaloupe. Asiago cheese is used as a spice. It is used as a substitute for Parmesan cheese. Grate this cheese into a minestrone bowl. Grate Asiago as bread dough to make rolls, pretzels or ciabatta. Add thinly sliced Asiago cheese to the salad. Grate Asiago over a pasta container or spaghetti marinara. Top grated Asiago roasted vegetables such as tomatoes, broccoli or zucchini. References: Comments Comments