

Nutritional Yeast

What is it?

Nutritional yeast is a **deactivated** form of yeast, typically derived from strains of *Saccharomyces cerevisiae*. Nutritional yeast is formed when *S. cerevisiae*, which is grown on either cane or beet molasses, is harvested, washed, and then dried with heat to kill or “deactivate” it. Therefore, since nutritional yeast is a deactivated form of yeast, it does not have any leavening abilities.

Storage & Preparation

Nutritional yeast is typically found in two different forms - either as flakes or a powder. Nutritional yeast can be found at many natural food stores, typically in the bulk grocery section. However, it can also be found in the supplement section; Bob’s Red Mill and Bragg Premium are two brands that sell packaged nutritional yeast. There are many online retailers, as well, that sell this product. Nutritional yeast should be stored in a cool, dark place or in the refrigerator. Once opened, nutritional yeast can be stored for up to one year if stored in an airtight container, away from direct sunlight in a cool area.

People rave about the nutty, cheesy, creamy, “umami” taste of nutritional yeast. Vegans, especially, love nutritional yeast for its close resemblance to cheese, often using it as a substitute in cheese sauces, mashed potatoes, casseroles, soups, etc. Nutritional yeast is also delicious in scrambled eggs, stir-frys, pasta, and on popcorn!

These yellow flakes are very popular among vegetarians and vegans, as nutritional yeast is often fortified with vitamin B-12, a vitamin that is very difficult to get through a vegetarian diet. Furthermore, nutritional yeast is appropriate for a wide range of individuals, as it is a gluten-free, low-fat, sugar-free, salt-free food!

Sources:

<http://www.bragg.com/>

<http://blog.fatfreevegan.com/2011/10/what-the-heck-is-nutritional-yeast.html>

http://www.huffingtonpost.com/2012/04/12/nutritional-yeast-not-just-for-vegans_n_1420734.html

QUICK TIP: Add 1-2 tablespoons of nutritional yeast to air-popped popcorn for a cheesy, delicious, healthy snack!



Nutritional yeast is a nutritional powerhouse!

Two tablespoons of nutritional yeast contain*:

- 40 calories
- 0 g fat
- 2 grams of carbohydrate
 - 2 grams of fiber
- 4 grams of protein
- 0 milligrams sodium
- 4% daily value (DV) of iron, 80% DV folic acid, 60% DV pantothenic acid, 12% DV zinc, 20% DV selenium
- 360% DV thiamin (B1), 320% DV riboflavin (B2), 140% DV niacin (B3), 280% DV vitamin B6, 80% DV vitamin B12

*Source: Bragg Premium Nutritional Yeast Seasoning.