

Nutritional Yeast – Practical Use

Nutrition (per 16 g serving – label values)

- Energy: 60 kcal
- Protein: 8 g
- Fat: 0.5 g
- Carbohydrates: 5 g
- Salt equivalent: 0.08 g (32 mg sodium)

Key Characteristics

- Yellow powder with cheese-like savory flavor
- Very low sodium
- High protein relative to volume
- Fortified with B vitamins including B12 (important for plant-based diets)

Recommended Culinary Use

- Use as a seasoning, not a cheese substitute.
- Typical amount:
 - **½ tsp for 1–2 servings**
 - **1 tsp for 2–4 servings**
- Add at the end of cooking, off heat, to avoid bitterness.
- Balance with fat (oil, yogurt) and acid (lemon or vinegar).

Best Applications

- Tofu scrambles
- Bean dishes and lentils
- Vegetable sautés
- Grain bowls (quinoa, rice)
- Light creamy sauces using soy milk or yogurt

Use with Caution / Avoid

- Strongly acidic tomato sauces
- Seafood and fish dishes
- High-heat cooking or early addition

Rule of Thumb

If the nutritional yeast flavor is obvious, the amount used is probably too high.



- Product: ニュートリショナルイースト (Nutritional Yeast)
- Brand / Importer: アリサン (Alishan Organics)
- Country of Origin: USA
- Net Weight: 200 g
- Best Before: 2026.04

Other uses:

Popcorn (with a little olive oil)

Savory seasoning: roasted vegetables, rice, salads, avocado toast, pasta (instead of parmesan)

Creamy soups, risottos, or stews

See:

<https://www.bobsredmill.com/articles/surprising-ways-to-use-nutritional-yeast>