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Is sharp cheddar cheese good for you?

In addition to being rich in protein and calcium, cheddar is a good source of vitamin K — especially vitamin K2 (34). [Vitamin K](#) is important for heart and bone health. It prevents calcium from being deposited in the walls of your arteries and veins (35).

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How do you use sharp cheddar cheese?

They get used in things such as grilled cheese sandwiches, grating into chili, nachos, or in quesadillas. In these uses, they don't need the full-bodied flavor of a sharp cheddar, but they do need to melt down into soft, gooey, creamy deliciousness. Sharper cheddars are for flavor.

How is sharp cheese made?

Cheddar Cheese Sharpness Aging is the only difference between mild and sharp Cheddars. The longer cheese is aged naturally, the sharper and more pronounced the Cheddar flavor becomes. Mild Cheddar cheese is generally aged for 2 to 3 months, whereas an extra sharp might be aged for as long as a year.

Is drinking olive oil good for your skin?

Olive oil is rich in Vitamin E and Vitamin K, both of which are essential for maintaining healthy skin and hair. Since extra virgin olive oil boasts higher nutrient content than standard olive oil, drinking it each day is an excellent way to replenish damaged skin and hair.

What does broccoli do for dogs?

Dogs can benefit from the nutrients in broccoli, including vitamin K, calcium, and potassium. Vitamin K promotes strong bones and higher bone density, and in combination with broccoli's many nutrients, it can be a real boost for growing dogs.

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