## Copilot

Sure, here are some key attributes of Provolone cheese from Boar's Head:

1. **Origin**: Provolone is an aged Italian cheese [1]. Boar's Head offers two types of Provolone cheese: Picante Provolone Cheese and 43% Lower Sodium Provolone Cheese [7] [8].
2. **Production**: Boar's Head Picante Provolone Cheese is made in the Old World manner [7]. It is aged more than 5 months to produce a full-bodied flavor and smooth, creamy texture [7]. The 43% Lower Sodium Provolone Cheese is made according to Italian traditions to achieve a firm texture and mild, slightly sweet flavor [8].
3. **Flavor and Texture**: Boar's Head Picante Provolone Cheese has a distinctly sharp taste [7]. The 43% Lower Sodium Provolone Cheese has a mild, slightly sweet flavor [8].
4. **Nutritional Profile**: Both types of Provolone cheese from Boar's Head have similar nutritional profiles. They contain 100 calories, 7g of protein, and 8g of total fat per serving [7] [8]. The 43% Lower Sodium Provolone Cheese has 140mg of sodium per serving, which is lower than the regular Provolone Cheese [8].
5. **Health Benefits**: Provolone cheese is a good source of calcium, which is essential for bone health [2]. It also provides vital nutrients for eyesight and the production of red blood cells [2].
6. **Culinary Uses**: Provolone cheese is incredibly versatile. It can be used in a variety of recipes, ranging from simple submarine sandwiches to decadent lasagna [2]. You can consume the cheese out of the package, grilled, in a fondue, or melted over your favorite ingredients [2].

Please note that while Provolone cheese has many potential health benefits, it's not a substitute for medical treatment. If you have a medical condition or are taking medication, it's recommended to consult with a healthcare provider before adding large amounts of Provolone cheese to your diet [2].

Source: Conversation with Bing, 5/13/2024

1. [Provolone Cheese 101: Nutrition, Properties, and Uses](https://www.nutritionadvance.com/provolone-cheese-nutrition/)
2. [Picante Provolone Cheese | Boar's Head](https://boarshead.com/products/detail/424000220-picante-provolone-cheese)
3. [43% Lower Sodium Provolone Cheese | Boar's Head](https://boarshead.com/products/detail/1240286408-deli-sliced-43-lower-sodium-provolone-cheese)
4. [Provolone Cheese Nutrition Facts and Health Benefits - Verywell Fit](https://www.verywellfit.com/provolone-cheese-nutrition-facts-and-health-benefits-5212917)
5. [Provolone Cheese: Discovering Its History, Varieties, And Pairing ...](https://bing.com/search?q=attributes+of+provolone+cheese+as+an+ingredient)
6. [Provolone Cheese: Discovering Its History, Varieties, And Pairing ...](https://tastepursuits.com/12692/how-to-describe-provolone-cheese/)
7. [Craving Cheese? Discover The Savory Delight Of Provolone Cheese: What ...](https://flavorinsider.com/30486/what-is-provolone-cheese/)
8. [The History of Provolone Cheese - savorysuitcase.com](https://www.savorysuitcase.com/the-history-of-provolone-cheese/)
9. [Boars Head Cheese Provolone Low Sodium - 8 Oz - Safeway](https://www.safeway.com/shop/product-details.960138638.html)
10. [Picante Provolone | Boar's Head](https://boarshead.com/products/detail/258977473-pre-cut-picante-provolone)
11. [Boar's Head Lower Sodium Provolone Cheese - 0.50 Lb - Safeway](https://www.safeway.com/shop/product-details.960138807.html)
12. [Getty Images](https://www.gettyimages.com/detail/photo/italian-cheese-provolone-dolce-cow-cheese-from-royalty-free-image/1136597224)