



POTATOES, SLICED, LOW-SODIUM, CANNED

Date: October 2012 Code: 100331

PRODUCT DESCRIPTION

- Canned potatoes are U.S. Grade A.
- Canned potatoes are a low-sodium food.

PACK/YIELD

- Each can contains 15 ½ ounces of potatoes, which is about 1 ½ cups or 3 ½ servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened potatoes in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Heat in a skillet with chopped onions for a quick side dish.
- Great for home fries—heat in pan with vegetable oil.
- Canned potatoes are ready to use in soups, salads, casseroles, stews, vegetable side dishes, and main dishes.

NUTRITION INFORMATION

- ½ cup of canned potatoes counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (90g) potatoes, low-sodium, canned

Amount Per Serving

Calories 54 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
<i>Trans</i> Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	8%
Total Carbohydrate 12 g	4%
Dietary Fiber 2.1 g	8%
Sugars 0 g	
Protein 1.27 g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

CALIFORNIA POTATO MEDLEY

MAKES ABOUT 6 SERVINGS

Ingredients

- Nonstick cooking spray
- ½ green pepper, chopped
- 1 can (about 14 ounces) low-sodium sliced potatoes, drained
- 1 cup canned corn, low-sodium, drained
- ½ cup canned tomatoes, low-sodium, drained and chopped
- ½ teaspoon dried oregano (if you like)
- ¼ cup reduced fat cheese, shredded
- Black pepper to taste

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn and tomato. If using oregano, add that too. Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

Nutrition Information for 1 serving (about 1 cup) California Potato Medley

Calories	120	Cholesterol	5 mg	Sugar	2 g	Vitamin C	18 mg
Calories from Fat	25	Sodium	218 mg	Protein	5 g	Calcium	99 mg
Total Fat	2.5 g	Total Carbohydrate	22 g	Vitamin A	17 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

MARINATED GREEN BEAN AND POTATO SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 can (about 14 ounces) low-sodium green beans, drained
- 1 can (about 14 ounces) low-sodium potatoes, sliced
- ¼ cup reduced fat, unsalted Italian dressing

Directions

1. Toss ingredients in a large bowl.
2. Cover and chill for at least an hour.

Tips

This can be served over lettuce for a light salad. For main dish salad, add 6 ounces of bite-sized pieces of cooked turkey or ham. You can also try other canned vegetables like corn, carrots, or sweet peas instead of green beans.

Nutrition Information for 1 serving Marinated Green Bean and Potato Salad

Calories	90	Cholesterol	0 mg	Sugar	1 g	Vitamin C	9 mg
Calories from Fat	10	Sodium	200 mg	Protein	2 g	Calcium	32 mg
Total Fat	1.5 g	Total Carbohydrate	17 g	Vitamin A	17 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	4 g				

Recipe provided by Delmonte