



## CORN, WHOLE KERNEL, LOW-SODIUM, CANNED

Date: August 2012

Code: 100311

### PRODUCT DESCRIPTION

- Canned corn is U.S. Grade B.
- Canned corn is a low-sodium food.
- The kernels are golden or yellow.

### PACK/YIELD

- Each can contains about 15 ¼ ounce, which is about 3 servings (½ cup each) after cooking and draining.

### STORAGE

- Store unopened corn in a cool, clean, dry place.
- Store remaining opened corn in a 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 see our memo [http://www.fns.usda.gov/fdd/policymemo/pmfd1\\_07\\_NSLP\\_CACF\\_SFSP\\_CSFP\\_FDPIR\\_TEFAP\\_CI-StorandInvMgmt.pdf](http://www.fns.usda.gov/fdd/policymemo/pmfd1_07_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf)

### 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

- Serve canned corn heated as a side dish or use in a variety of main dishes, soups, stews, stuffing, relishes, and salads.
- Combine corn with lima beans to make succotash.
- Add variety to corn by mixing with one or more other vegetables such as tomatoes, green peppers, or onions.

### NUTRITION INFORMATION

- ½ cup of corn 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.
- ½ cup of corn provides 10% of the daily recommended amount of vitamin C.

### 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](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (82g) corn, low-sodium, canned, drained

Amount Per Serving	
<b>Calories</b>	65
<b>Calories from Fat</b>	5
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>11%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 1%	Vitamin C 2%
Calcium 0%	Iron 3%

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

## HARVEST CORN CHOWDER

**MAKES ABOUT 7 SERVINGS**

### Ingredients

- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ teaspoon thyme (if you like)
- 1 tablespoon margarine
- 1 medium potato, peeled and diced
- 2 cups low-fat milk
- 1 can (15 ¼ ounces) low-sodium corn, drained
- 1 can (14 ¾ ounces) low-sodium cream style corn

### Directions

1. In medium saucepan, cook onion and celery in margarine until tender. If using thyme, add that too.
2. Add potato; cook and stir for 2 minutes.
3. Add low-fat milk.
4. Cover and simmer on low heat 15 minutes or until potato is tender.
5. Stir in both cans of corn; heat through.

Nutrition Information for 1 serving (1 cup) of Harvest Corn Chowder							
<b>Calories</b>	160	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	8 g	<b>Vitamin C</b>	15 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	227 mg	<b>Protein</b>	6 g	<b>Calcium</b>	100 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	31 g	<b>Vitamin A</b>	90 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	3 g				

*Recipe provided by DelMonte.com.*

## FIESTA CORN AND BLACK BEAN SALAD

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 can (15 ¼ ounces) low-sodium corn, drained
- 1 can (15 ounces) black beans, drained
- ½ cup onions, chopped
- 1 can (14 ½ ounces) unsalted tomatoes, diced or chopped, drained
- 1 can (4 ounces) green chiles, drained, diced
- 2 tablespoons vegetable oil
- ½ teaspoon ground cumin (if you like)
- ¼ cup chopped cilantro, for topping (if you like)
- Lime juice, to taste, for topping (if you like)

### Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too.
2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad

Nutrition Information for 1 serving (½ cup) of Fiesta Corn and Black Bean Salad							
<b>Calories</b>	150	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	24 g	<b>Vitamin C</b>	15 mg
<b>Calories from Fat</b>	40	<b>Sodium</b>	445 mg	<b>Protein</b>	5 g	<b>Calcium</b>	24 mg
<b>Total Fat</b>	5 g	<b>Total Carbohydrate</b>	24 g	<b>Vitamin A</b>	90 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	5 g				

*Recipe adapted from DelMonte.com.*