



## HOMINY, WHOLE, LOW-SODIUM, CANNED

Date: August 2012

Code: 100904

### PRODUCT DESCRIPTION

- Canned hominy is whole, white U.S. Grade A.
- Hominy is made by removing corn's outer covering after the corn has been soaked to uncover the inside kernel of the corn.

### PACK/YIELD

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

### STORAGE

- Store unopened hominy in a cool, clean, dry place.
- Store remaining opened hominy 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

- Hominy is used in soups and stews like menudo and pozole, as well as in breads, chili, and casseroles.
- Add hominy to salads, serve with or without other vegetables as a side dish, or may be shaped into patties (cakes).

### 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.

### 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 (80g) hominy, low-sodium, canned, drained

#### Amount Per Serving

<b>Calories</b>	58	<b>Calories from Fat</b>	5
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#### % Daily Value\*

<b>Total Fat</b> 1 g	1%
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Saturated Fat 0 g	0%
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<i>Trans</i> Fat 0 g	
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<b>Cholesterol</b> 0 mg	0%
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<b>Sodium</b> 140 mg	6%
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<b>Total Carbohydrate</b> 11 g	4%
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Dietary Fiber 2 g	8%
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Sugars 0 g	
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<b>Protein</b> 1 g	
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Vitamin A	2%	Vitamin C	0%
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Calcium	1%	Iron	3%
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\*Percent Daily Values are based on a 2,000 calorie diet.

## BEEF AND HOMINY SKILLET

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 ½ pounds ground beef
- 1 can low-sodium hominy
- 2 cups fresh tomatoes, diced or chopped (or 1 can (15 ½ ounces) tomatoes, diced)
- 1 can (15 ½ ounces) tomato sauce
- Salt and pepper, to taste

### Directions

1. In a large skillet brown ground beef until cooked thoroughly. Drain fat.
2. Mix all ingredients together in the skillet and bring to a boil.
3. Reduce heat to low-medium heat, cover pan, and cook for about 1 hour or until most of liquid is gone.

### Tip

Serve with vegetables or a salad.

Nutrition Information for 1 serving of Beef and Hominy Skillet							
<b>Calories</b>	485	<b>Cholesterol</b>	102 mg	<b>Sugar</b>	9.4 g	<b>Vitamin C</b>	33 mg
<b>Calories from Fat</b>	162	<b>Sodium</b>	213 mg	<b>Protein</b>	35.4 g	<b>Calcium</b>	88 mg
<b>Total Fat</b>	18 g	<b>Total Carbohydrate</b>	30 g	<b>Vitamin A</b>	36 RAE	<b>Iron</b>	4.9 mg
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	4.9 g				

*Recipe adapted from Food.com.*

## CHILI HOMINY BAKE

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 1 ½ pounds ground beef
- ½ cup onion, chopped
- 1 can (15 ½ ounces) low-sodium hominy, drained
- 1 can (16 ounces) tomatoes
- 1 tablespoon chili powder
- 2 tablespoons all-purpose flour
- Salt and pepper, to taste
- 1 cup American cheese, grated

### Directions

1. Preheat oven to 375 degrees F.
2. In a large skillet brown ground beef and onion until cooked thoroughly. Drain well. Stir in tomatoes (including juice), drained hominy, chili powder, flour, and salt and pepper. Mix well.
3. Pour mixture into a 2 quart oven safe baking dish.
4. Bake for 20 minutes.
5. Top with cheese and continue baking for 5 minutes or until cheese has melted.

Nutrition Information for 1 serving of Chili Hominy Bake							
<b>Calories</b>	273	<b>Cholesterol</b>	70 mg	<b>Sugar</b>	2 g	<b>Vitamin C</b>	11 mg
<b>Calories from Fat</b>	133	<b>Sodium</b>	391 mg	<b>Protein</b>	21 g	<b>Calcium</b>	144 mg
<b>Total Fat</b>	15 g	<b>Total Carbohydrate</b>	13 g	<b>Vitamin A</b>	62 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Food.com.*