



## MILK, EVAPORATED

Date: November 2012 Code: 110162

### PRODUCT DESCRIPTION

- Evaporated milk is U.S. Type 1 and has added vitamin D. It is shelf-stable milk made by heating whole milk until 60% of the water evaporates.

### PACK/YIELD

- Evaporated milk is packed in 12-ounce cans, which is about 1 ½ cups or 3 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened evaporated milk 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>.

### USES AND TIPS

- Evaporated milk can be used as a lower fat alternative for heavy cream in sauces, soups, and gravies.
- To use in place of fresh milk mix ¼ cup evaporated milk with water and add to recipes such as breads, muffins, soups, sauces, mashed potatoes, and custards.
- Evaporated milk is not the same as “sweetened condensed milk” and should not be used as a substitute in recipes.

### NUTRITION INFORMATION

- ½ cup evaporated milk counts as 1 cup in the MyPlate.gov Dairy Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- ½ cup of evaporated milk provides more than 30% of the daily recommended amount of calcium.

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

### NUTRITION FACTS

Serving size: ½ cup (4 ounces) evaporated milk

#### Amount Per Serving

**Calories** 170 **Calories from Fat** 90

#### % Daily Value\*

<b>Total Fat</b> 10 g		<b>15%</b>
Saturated Fat 6 g		<b>30%</b>
<i>Trans</i> Fat 0 g		
<b>Cholesterol</b> 35 mg		<b>0%</b>
<b>Sodium</b> 30 mg		<b>12%</b>
<b>Total Carbohydrate</b> 13 g		<b>4%</b>
Dietary Fiber 0 g		<b>0%</b>
Sugars 13 g		
<b>Protein</b> 9 g		
Vitamin A 6%	Vitamin C 4%	
Calcium 35%	Iron 2%	

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

## CLASSIC MACARONI AND CHEESE

MAKES ABOUT 6 SERVINGS

### Ingredients

- ½ cup evaporated milk
- 2 cups uncooked macaroni (such as elbows, spirals, or shells)
- ½ cup onion, chopped
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1 ¼ cups (4 ounces) low-fat cheddar cheese, shredded
- Nonstick cooking spray

### Directions

1. Preheat oven to 350 degrees F. Coat an 8x8-inch casserole dish with nonstick cooking spray.
2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
3. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and cook for about 3 minutes.
4. In another bowl, combine macaroni, onions, egg, cheese, milk, and pepper and mix thoroughly.
5. Pour mixture into casserole dish.
6. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

<b>Calories</b>	220	<b>Cholesterol</b>	40 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	1 mg
<b>Calories from Fat</b>	40	<b>Sodium</b>	180 mg	<b>Protein</b>	13 g	<b>Calcium</b>	170 mg
<b>Total Fat</b>	4.5 g	<b>Total Carbohydrate</b>	30 g	<b>Vitamin A</b>	38 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	2.5 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## SWEET POTATO CASSEROLE

MAKES ABOUT 10 SERVINGS

### Ingredients

- 1 can (about 12 ounces) evaporated milk
- 1 pound sweet potatoes (about 4 medium potatoes) or 1 can (about 15 ounces) low-sodium sweet potatoes
- 3 egg whites
- ½ cup sugar
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (if you like)
- ½ teaspoon ground ginger (if you like)

### Directions

1. Preheat oven to 400 degrees F.
2. Rinse sweet potatoes under cold running water and poke with a fork.
3. Cut sweet potatoes into pieces and place in boiling water. Cook 15 to 20 minutes and drain.
4. Remove skin from sweet potatoes and mash with hand beaters or a fork. Add the rest of the ingredients and mix until smooth. If using nutmeg and ginger, add that too.
5. Pour mixture into an 8x8-inch baking pan. Bake until casserole is firm in the center, about 40 minutes.
6. Remove from oven and allow to stand for 5 minutes. Cut into 10 squares. Serve hot.

### Tip

If using canned sweet potatoes there is no need to heat them first.

<b>Calories</b>	110	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	14 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	10	<b>Sodium</b>	60 mg	<b>Protein</b>	3 g	<b>Calcium</b>	70 mg
<b>Total Fat</b>	1.5 g	<b>Total Carbohydrate</b>	22 g	<b>Vitamin A</b>	334 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*