



MIXED VEGETABLES, LOW-SODIUM, CANNED

Date: August 2012

Code: 100320

PRODUCT DESCRIPTION

- Canned mixed vegetables consist of seven vegetables: carrots, celery, corn, green beans, peas, lima beans, and potatoes.
- Canned mixed vegetables are a low-sodium food.

PACK/YIELD

- Each can contains about 15.5 ounces, which is about 1 ½ cups or 3 ½ servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened mixed vegetables 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

- Serve canned mixed vegetables heated, or use in a variety of main dishes, soups, and salads.

NUTRITION INFORMATION

- ½ cup of mixed vegetables counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cup of vegetables.
- ½ cup of mixed vegetables provides more than a day’s worth of vitamin A and 10% of daily fiber needs.

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 (82g) mixed vegetables, low-sodium, canned, drained

Amount Per Serving

Calories 40 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **10%**

Sugars 2g

Protein 2g

Vitamin A 190% Vitamin C 4%

Calcium 2% Iron 2%

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

Nutrient Values in the Nutrition Facts Label are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific

QUICK CHICKEN AND VEGETABLE SOUP

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium chopped or crushed tomatoes with liquid
- 1 can (about 13 ounces) low-sodium chicken broth
- ½ cup chicken, cooked and chopped
- 1 can (about 15 ounces) low-sodium mixed vegetables with liquid
- ¼ teaspoon thyme, dried or ground (if you like)
- ⅛ teaspoon ground pepper

Directions

1. Use only cooked chicken (not raw) for this recipe.
2. Peel and chop the onion.
3. Put the tomatoes and broth in a pan. Cook on medium heat until they boil.
4. Add the onion. Turn the heat to low, and simmer for 5 minutes.
5. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too. Cook for 2 minutes.

Nutrition Information for 1 serving (1 cup) of Quick Chicken and Vegetable Soup

Calories	160	Cholesterol	15 mg	Sugar	7 g	Vitamin C	20 mg
Calories from Fat	20	Sodium	340 mg	Protein	13 g	Calcium	90 mg
Total Fat	2 g	Total Carbohydrate	26 g	Vitamin A	680 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	6 g				

Recipe adapted from Allrecipes.com.

SUMMER VEGETABLE SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 can (about 15 ounces) low-sodium mixed vegetables, drained
- ½ cup green peppers, chopped
- ¼ onion, chopped
- ¼ cup vegetable oil
- 1 tablespoon water
- ¼ cup white sugar
- ½ cup white vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Directions

1. Mix canned vegetables, green peppers, and onion in a bowl.
2. Combine oil, water, sugar, vinegar, salt, and pepper in separate bowl.
3. Combine vegetables and liquid; mix all together.

Nutrition Information for 1 serving (½ cup) of Summer Vegetable Salad

Calories	230	Cholesterol	0 mg	Sugar	16 g	Vitamin C	21 mg
Calories from Fat	120	Sodium	310 mg	Protein	3 g	Calcium	36 mg
Total Fat	14 g	Total Carbohydrate	24 g	Vitamin A	623 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe provided by Delmonte.com.