



PUMPKIN, LOW-SODIUM, CANNED

Date: October 2012 Code: 100319

PRODUCT DESCRIPTION

- Canned pumpkin is U.S. Grade A.
- Canned pumpkin is a low-sodium food.

PACK/YIELD

- Canned pumpkin is packed in 15 ounce cans, which is about 4 servings (½ cup each).

STORAGE

- Store unopened pumpkin in a cool, clean, dry place.
- Store remaining opened pumpkin in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- 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 pumpkin heated, or use in a variety of soups, puddings, baked goods including pies, cookies, breads, and muffins.

NUTRITION INFORMATION

- ½ cup of canned pumpkin 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 canned pumpkin provides 16% of the daily recommended amount of fiber and more than a day’s worth of vitamin A.

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 (123g) pumpkin, low-sodium, canned

Amount Per Serving

Calories 40 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 1g

Vitamin A 380% Vitamin C 8%

Calcium 4% Iron 10%

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

PUMPKIN SMOOTHIE

MAKES 6 SERVINGS

Ingredients

- 1 can (about 15 ounces) low-sodium pumpkin, chilled
- 1 can (12 ounces) evaporated low-fat milk, chilled
- 1 ½ cups orange juice
- 1 small banana, sliced
- ⅓ cup light brown sugar, packed (or ⅓ cup regular sugar)
- 2 dozen ice cubes (if you like)
- 2 teaspoons ground cinnamon (if you like)

Directions

1. Place pumpkin, evaporated milk, orange juice, banana, and sugar in blender.
2. Cover and blend until smooth.
3. If using ice, pour mixture over ice. If using cinnamon, add that too.

Nutrition Information for 1 serving of Pumpkin Smoothie							
Calories	160	Cholesterol	10 mg	Sugar	27 g	Vitamin C	26 mg
Calories from Fat	10	Sodium	70 mg	Protein	5 g	Calcium	178 mg
Total Fat	1 g	Total Carbohydrate	34 g	Vitamin A	560 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe provided by Verybestbaking.com.

PUMPKIN PEANUT BUTTER SANDWICH

MAKES 2 SANDWICHES

Ingredients

- ½ cup low-sodium canned pumpkin
- ½ cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, sliced

Directions

1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

Note: Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.

Nutrition Information for 1 serving of Pumpkin Peanut Butter Sandwich							
Calories	590	Cholesterol	0 mg	Sugar	18 g	Vitamin C	8 mg
Calories from Fat	310	Sodium	560 mg	Protein	25 g	Calcium	106 mg
Total Fat	7 g	Total Carbohydrate	54 g	Vitamin A	480 RAE	Iron	4 mg
Saturated Fat	0 g	Dietary Fiber	11 g				

Recipe provided by Verybestbaking.com.