



SALMON, PINK, CANNED

Date: October 2012

Code: 100198

PRODUCT DESCRIPTION

- Canned pink salmon is packed in oil and is fully cooked. Canned salmon is made from domestic pink salmon with skin and bones.

PACK/YIELD

- Each can contains 14 ¾ ounces, which is about 2 cups or about 5 servings (3 ounces each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened salmon in a tightly covered container that is not made from metal and refrigerate; use within 3 days.
- 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 that is not made from metal.

USES AND TIPS

- Use canned pink salmon in soups, salads, casseroles, and sandwiches.
- Canned pink salmon may be eaten hot or cold.

NUTRITION INFORMATION

- 3 ounces of canned pink salmon counts as 3 ounces in the MyPlate.gov Protein Group. A serving of tuna is about 3 ounces.
- 3 ounces of canned pink salmon provides 25% 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
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 3 ounces (85g) canned salmon, packed in oil, drained

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 340mg	40%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A	2%	Vitamin C	0%
Calcium	25%	Iron	4%

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

SALMON CHOWDER

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 tablespoon vegetable oil
- ½ cup onion, chopped
- 3 ½ cups low-sodium chicken broth (or vegetable broth)
- 2 potatoes, peeled and diced
- 1 can (about 15 ounces) low-sodium corn, drained
- ¼ teaspoon black pepper
- ½ teaspoon dried dill (if you like)

- 1 ½ cups evaporated milk

Directions

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.

Nutritional Information for 1 serving (about 1 cup) Salmon Chowder							
Calories	230	Cholesterol	55 mg	Sugar	2 g	Vitamin C	15 mg
Calories from Fat	70	Sodium	322 mg	Protein	17 g	Calcium	273 mg
Total Fat	8 g	Total Carbohydrate	23 g	Vitamin A	65 RAE	Iron	1 mg
Saturated Fat	2.5 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

SALMON CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 cup macaroni, uncooked
- 1 cup water
- 2 tablespoons margarine
- 1 small onion, chopped
- ⅔ cup evaporated milk
- 2 tablespoon flour
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup low-sodium canned peas, drained

Directions

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

Nutritional Information for 1 serving (about 1 cup) Salmon Casserole							
Calories	320	Cholesterol	80 mg	Sugar	2 g	Vitamin C	4 mg
Calories from Fat	120	Sodium	510 mg	Protein	27 g	Calcium	450 mg
Total Fat	13 g	Total Carbohydrate	25 g	Vitamin A	125 RAE	Iron	2 mg
Saturated Fat	6 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook