



SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED

Date: September 2012

Code: 100335

PRODUCT DESCRIPTION

- Spaghetti sauce is a low-sodium product.
- Meatless spaghetti sauce is a ready-to-eat canned tomato-based sauce that is smooth in texture and bright red in color.
- Spaghetti sauce may be lightly seasoned with spices and natural flavorings.

PACK/YIELD

- Canned spaghetti sauce is packed in about 15.5 ounce cans, which is about 2 cups or 4 servings ($\frac{1}{2}$ cup each).

STORAGE

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

- Stir heated spaghetti sauce into cooked rice or pasta, or use as a topping for pizzas.
- Warmed spaghetti sauce is an easy dip for breadsticks.
- Use spaghetti sauce in poultry, pork, and beef recipes.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup spaghetti sauce counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 $\frac{1}{2}$ cups of vegetables.
- $\frac{1}{2}$ cup of spaghetti sauce provides 12% of the daily recommended amount of fiber.

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: $\frac{1}{2}$ cup (122g) spaghetti sauce, meatless, low-sodium, canned

Amount Per Serving

Calories	59	Calories from Fat	0
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% Daily Value*

Total Fat 0 g		0%
Saturated Fat 0 g		0%
<i>Trans</i> Fat 0 g		
Cholesterol 0 mg		0%
Sodium 140 mg		6%
Total Carbohydrate 11 g		4%
Dietary Fiber 3 g		12%
Sugars 6 g		
Protein 1.46 g		
Vitamin A 8%	Vitamin C	8%
Calcium 2%	Iron	6%

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

LENTIL SPAGHETTI SAUCE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound lean ground beef
- 1 cup onion, chopped
- 1 garlic clove, crushed or ½ teaspoon garlic powder
- 1 ½ cups lentils, cooked and drained
- 2 cans (about 15 ounces each) low-sodium spaghetti sauce

Directions

1. In a large sauce pan cook beef until brown. Drain.
2. Add onion and garlic to drained beef. Cook until onions are soft, but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce hot over cooked spaghetti noodles.

Nutrition Information for 1 serving (about 1 cup) of Lentil Spaghetti Sauce

Calories	300	Cholesterol	50 mg	Sugar	7 g	Vitamin C	8 mg
Calories from Fat	120	Sodium	210 mg	Protein	21 g	Calcium	56 mg
Total Fat	13 g	Total Carbohydrate	25 g	Vitamin A	24 RAE	Iron	5 mg
Saturated Fat	5 g	Dietary Fiber	8 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

VEGETABLE NOODLES

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 pound noodles, uncooked
- 2 cups canned low-sodium mixed vegetables, drained
- 1 cup canned low-sodium spaghetti sauce
- ½ cup shredded cheese, like Cheddar or American

Directions

1. Prepare noodles according to package directions and drain.
2. Return cooked, drained noodles back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.
3. Sprinkle with cheese before serving.

Tip

Fresh or frozen vegetables can also be added. Make sure to cook them before tossing with the noodles.

Nutrition Information for 1 serving (about 2 cups) of Vegetable Noodles

Calories	530	Cholesterol	0 mg	Sugar	7 g	Vitamin C	6 mg
Calories from Fat	50	Sodium	270 mg	Protein	21 g	Calcium	160 mg
Total Fat	5 g	Total Carbohydrate	98 g	Vitamin A	504 RAE	Iron	5 mg
Saturated Fat	2 g	Dietary Fiber	8 g				

Recipe adapted from SNAP-ED Connection Recipe Finder