



## SPINACH, LOW-SODIUM, CANNED

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Code: 100323

### PRODUCT DESCRIPTION

- Canned spinach is U.S. Grade A and comes in whole leaf, cut leaf, sliced, and chopped varieties.
- Canned spinach is a low-sodium food.

### PACK/YIELD

- Canned spinach is packed in about 13½ ounce cans for chopped and about 15 ounce cans for other types; each can is about 3 servings (½ cup each) after cooking and draining.

### STORAGE

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

- Add flavor to canned spinach with garlic, pepper, lemon juice, or Parmesan cheese.
- Drained and chopped spinach makes a healthy filling for pasta and enchiladas.

### NUTRITION INFORMATION

- ½ cup of canned spinach 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 spinach provides 70% of the daily recommended amount of vitamin A and 25% of the daily recommended amount of vitamin C.

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

### NUTRITION FACTS

Serving size: ½ cup (127g) spinach, low-sodium, canned, drained

#### Amount Per Serving

<b>Calories</b>	30	<b>Calories from Fat</b>	5
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#### % Daily Value\*

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 140mg		<b>18%</b>
<b>Total Carbohydrate</b> 4g		<b>1%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 1g		
<b>Protein</b> 3g		

Vitamin A	70%	Vitamin C	20%
Calcium	8%	Iron	15%

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

## SPINACH PASTA

### MAKES 4 SERVINGS

#### Ingredients

- 6 ounces uncooked pasta (like penne, spirals, or macaroni)
- ½ cup onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ teaspoon dried basil (if you like)
- 1 tablespoon vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 can (about 13 ounces) chopped spinach, well drained; or chop up other types of low-sodium canned spinach
- 2 tablespoons Parmesan cheese (if you like)

#### Directions

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

Nutrition Information for 1 serving of Spinach Pasta							
<b>Calories</b>	230	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	5 g	<b>Vitamin C</b>	80 mg
<b>Calories from Fat</b>	35	<b>Sodium</b>	180 mg	<b>Protein</b>	8 g	<b>Calcium</b>	8 mg
<b>Total Fat</b>	4 g	<b>Total Carbohydrate</b>	40 g	<b>Vitamin A</b>	60 RAE	<b>Iron</b>	20 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	4 g				

*Recipe provided by Delmonte.com.*

## LOW-FAT SPINACH DIP

### MAKES 3 SERVINGS

#### Ingredients

- ½ cup plain low-fat yogurt
- ½ cup low-fat (1% fat) cottage cheese
- 1 can (13 ounces) chopped spinach, well drained, or chop up other types of low-sodium canned spinach
- 1 green onion, sliced; or use ¼ cup onion, chopped, instead
- 1 teaspoon chili powder
- 1 teaspoon lemon juice

#### Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

Nutrition Information for 1 serving (½ cup) of Low-Fat Spinach Dip							
<b>Calories</b>	90	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	5 g	<b>Vitamin C</b>	25 mg
<b>Calories from Fat</b>	10	<b>Sodium</b>	430 mg	<b>Protein</b>	10 g	<b>Calcium</b>	20 mg
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	9 g	<b>Vitamin A</b>	70 RAE	<b>Iron</b>	15 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Food.com*