



TOMATOES, WHOLE, LOW-SODIUM, CANNED

Date: August 2012

Code: 100324

PRODUCT DESCRIPTION

- Canned whole tomatoes are U.S. Grade B or better whole tomatoes.
- Canned whole tomatoes are a low-sodium food.

PACK/YIELD

- Canned tomatoes are packed in 15 ½ ounce cans, which is about 1 ½ cups or 3 ½ servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tomatoes 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 tomatoes by seasoning with garlic, pepper, or herbs such as dried basil or rosemary.
- Canned tomatoes are ready to use in a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Combine canned tomatoes with garlic and cooked, chopped green pepper for an easy pasta topping.

NUTRITION INFORMATION

- ½ cup canned tomatoes 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 tomatoes provides 20% 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
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (120g) tomatoes, whole, low-sodium, canned

Amount Per Serving

Calories	20	Calories from Fat	0
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% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 140mg		7%
Total Carbohydrate 5g		5%
Dietary Fiber 1g		5%
Sugars 3g		
Protein 1g		
Vitamin A 2%	Vitamin C 20%	
Calcium 4%	Iron 6%	

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

ITALIAN STYLE VEGETABLES

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 cup canned tomatoes, low-sodium, drained and chopped
- 2 tablespoons vegetable oil
- 1 medium onion, sliced
- 2 small zucchinis, sliced
- 1 cup canned green beans, low-sodium, drained
- 2 cups canned corn, low-sodium, drained
- 1 garlic clove, chopped or ¼ teaspoon garlic powder
- ½ teaspoon dry oregano (if you like)

Directions

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn and garlic. If using oregano, add that too.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add tomatoes in the last minute of cooking. Stir occasionally.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Nutrition Information for 1 serving (about ½ cup) of Italian Style Vegetables							
Calories	100	Cholesterol	0 mg	Sugar	3 g	Vitamin C	16 mg
Calories from Fat	40	Sodium	140 mg	Protein	3 g	Calcium	30 mg
Total Fat	4 g	Total Carbohydrate	15 g	Vitamin A	21 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

BAJA BEAN DIP

MAKES ABOUT 12 SERVINGS

Ingredients

- 2 cans (about 15 ounces each) low-sodium tomatoes, drained and chopped
- 1 can (about 15 ounces) low-sodium refried beans, no fat
- 1 can (about 15 ounces) low-sodium corn, drained
- 2 tablespoons chili powder
- 2 cups low-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

Nutrition Information for 1 serving (about ⅓ cup) of Baja Bean Dip							
Calories	120	Cholesterol	5 mg	Sugar	1 g	Vitamin C	12 mg
Calories from Fat	20	Sodium	420 mg	Protein	9 g	Calcium	117 mg
Total Fat	2 g	Total Carbohydrate	18 g	Vitamin A	54 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe provided by Delmonte.com.