



USDA Foods in Schools

100329- Tomato, Diced, No Salt Added, Canned

Category: **Vegetables**
Subgroup: **Red/Orange**



Product Description

- This item is U.S. Grade B or better canned diced tomatoes with no salt added. This item is available in cases with six #10 cans.

Crediting/Yield

- One case yields about 148 ½-cup servings of heated tomatoes and juice.
- CN Crediting: ½ cup heated tomatoes and juice credits as ½ cup red/orange vegetable.

Culinary Tips and Recipes

- Diced tomatoes can be used in stews, rice, or when preparing entrees such as pasta and chili.
- Combine diced tomatoes with green beans and flavor with onion, garlic and chili pepper for a healthy flavorful vegetable dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (130g) tomatoes, diced, no salt added

Amount Per Serving

Calories 25

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 20mg

Total Carbohydrate 5g

Dietary Fiber 1g

Sugars 3g

Protein 1g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.