



Carrots, Sliced, Low-sodium, Canned

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of canned, sliced carrots counts as 1 cup in the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Carrots are an important source of many nutrients including vitamin A and antioxidants like lutein which is important for eyesight.
- People on a low-salt diet can drain and rinse canned vegetables with water before using to reduce the amount of salt.

Uses and Tips

- Canned, sliced carrots are safe and ready to eat out of the can. Just heat, season with herbs or spices, and serve!
- Canned, sliced carrots can be added to soups, chilis, casseroles, and salads.
- Canned carrots are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal—no matter the season!

Storing Foods at Home

- Store unopened cans of carrots in a cool, clean, dry place.
- Store remaining opened carrots in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Mashed Carrots

Makes 6 servings

Ingredients:

- 2 cans (15.5 ounces) low-sodium carrots, sliced
- 2 teaspoons butter or margarine
- 2 teaspoons honey or brown sugar
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Directions: Wash hands with soap and water.

1. Rinse and drain the carrots. Add a small amount of water and heat in a saucepan or the microwave.
2. Put carrots in a medium bowl. Mash with a fork until smooth.
3. Stir in butter, honey, salt, and pepper.

Recipe adapted from FoodHero.org

Sweet Carrot Bread or Muffins

Makes 12 servings

Ingredients:

- 1 can (15.5 ounces) low-sodium carrots, sliced
- ⅔ cup packed brown sugar
- 1 egg, lightly beaten
- 1 cup nonfat or 1% milk
- 1 teaspoon cinnamon
- 2 cups baking mix (biscuit or pancake mix)
- ¾ cup raisins or other dried fruit (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Prepare baking pans. If making a loaf, lightly spray or oil and flour a 9x5 bread pan. If making muffins, lightly oil or spray a muffin tin.
2. Rinse and drain the carrots.
3. Mash carrots well with a fork or potato masher, or use a blender to puree until smooth.
4. In a large bowl, mix carrots with brown sugar, egg, and milk until well blended. Add remaining ingredients and mix well.
5. Pour batter into prepared bread pans or fill 12 muffin cups about ⅔ full.
6. Bake bread for 50 minutes or muffins for 18 - 20 minutes, until a toothpick inserted in center comes out clean.
7. Let cool slightly then remove from pans. Cool completely then store in an air-tight container at room temperature.

Recipe adapted from FoodHero.org