

Carrots, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned carrots are U.S. Grade A.
- Canned carrots are sliced (straight or crinkle cut).
- Canned carrots are a low-sodium food.

Storage

- Store unopened carrots in a cool, clean, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

Uses and Tips

- Serve canned carrots heated as a side dish, or use in a variety of main dishes, soups, salads, and stuffing.

Nutrition Information

- 1½ cup of carrots provides 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 carrots provides more than a day’s worth of vitamin A.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (73g) carrots, low-sodium, canned, drained

Amount Per Serving	
Calories	18
Calories from Fat	0
-% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	13%
Sugars 2g	
Protein 0g	
Vitamin A 160%	Vitamin C 4%
Calcium 2%	Iron 2%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Chicken with Vegetables and Rice

Makes about 3 servings

Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 cup (about 5-6 ounces) cooked chicken, diced
- ½ chicken bouillon cube (or ½ teaspoon instant chicken bouillon granules)
- ½ teaspoon basil, dried (if you like)
- ½ cup water
- 1 cup white rice, cooked
- 1 small can (about 8 ½ ounces) unsalted green peas, drained

Directions

1. Combine carrots, chicken, bouillon, and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

Recipe adapted from DelMonte.com.

Honey Raisin Carrots

Makes about 8 servings

Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 tablespoon margarine, from tub preferred
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Directions

1. In saucepan on the stove, combine all ingredients and heat through.

Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

Recipe adapted from SNAP-ED Connection Recipe Finder