

## Corn, Sweet, Cream Style, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



### Product Description

- Canned cream style corn is a low-sodium food.
- The kernels are golden or yellow.
- There is no cream added.

### Storage

- Store unopened canned cream style corn in a cool, clean, dry place.
- Store remaining opened cream style corn in a tightly covered container not made from metal and refrigerate.

### Uses and Tips

- Serve canned cream style corn heated as a side dish or use in a variety of main dishes, soups, breads, and muffins.

### Nutrition Information

- ½ cup of cream style corn counts as ½ cup in ChooseMyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of cream style corn provides 2 grams the daily recommended amount of fiber.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: ½ cup (128g) cream style corn, low-sodium

Amount Per Serving	
<b>Calories</b>	92
Calories from Fat	5
-% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	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

## Broccoli and Corn Bake

Makes about 6 servings

### Ingredients

Nonstick cooking spray

1 can (14 ¾ ounces) low-sodium cream style corn

1 package (10 ounces) frozen broccoli, cooked

1 egg, beaten

½ cup crackers (like saltines), crushed

¼ cup margarine

### Directions

1. Preheat oven to 350 degrees F.
2. Spray 1 ½ quart casserole dish with nonstick cooking spray.
3. Mix corn, broccoli, egg, cracker crumbs, and margarine together and place in casserole dish.
4. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
5. Bake for 40 minutes. Serve warm.

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## Cream Style Corn Bread

Makes about 6 servings

### Ingredients

1 cup cornmeal

¾ cup flour

1 small onion, chopped

1 can (14 ¾ ounces) low-sodium cream style corn

1 egg

½ cup low-fat milk

¼ cup oil

### Directions

1. Preheat oven to 400 degrees F.
2. Spray a bread pan, small square baking pan (8x8-inch or 9x9-inch), or round cake pan with nonstick cooking spray.
3. In medium size bowl, mix together cornmeal, flour, and onion.
4. Beat egg and add to mixture along with oil, cream style corn, and milk. Mix well.
5. Pour mixture into bread pan, small square baking pan (8x8-inch or 9x9-inch), or round cake pan.
6. Bake for 30 minutes or until a toothpick or fork inserted in the center comes out clean.

*Recipe adapted from Cooks.com*