

Hominy, Whole, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned hominy is whole, white U.S. Grade A.
- Hominy is made by removing corn’s outer covering after the corn has been soaked to uncover the inside kernel of the corn.

Storage

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

Uses and Tips

- Hominy is used in soups and stews like menudo and pozole, as well as in breads, chili, and casseroles.
- Add hominy to salads, serve with or without other vegetables as a side dish, or shape into patties (cakes).

Nutrition Information

- ½ cup of hominy 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.

Resources

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

Nutrition Facts

Serving size: ½ cup (80g) hominy, low-sodium, canned, drained

Amount Per Serving	
Calories	58
Calories from Fat	5
-% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	13%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 3%

*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

Beef and Hominy Skillet

Makes about 4 servings

Ingredients

- 1 ½ pounds ground beef
- 1 can low-sodium hominy
- 2 cups fresh tomatoes, diced or chopped (or 1 can (15 ½ ounces) tomatoes, diced)
- 1 can (15 ½ ounces) tomato sauce
- Salt and pepper, to taste

Directions

1. In a large skillet brown ground beef until cooked thoroughly. Drain fat.
2. Mix all ingredients together in the skillet and bring to a boil.
3. Reduce heat to low-medium heat, cover pan, and cook for about 1 hour or until most of liquid is gone.

Tip

Serve with vegetables or a salad.

Recipe adapted from Food.com

Chili Hominy Bake

Makes about 8 servings

Ingredients

- 1 ½ pounds ground beef
- ½ cup onion, chopped
- 1 can (15 ½ ounces) low-sodium hominy, drained
- 1 can (16 ounces) tomatoes
- 1 tablespoon chili powder
- 2 tablespoons all-purpose flour
- Salt and pepper, to taste
- 1 cup American cheese, grated

Directions

1. Preheat oven to 375 degrees F.
2. In a large skillet brown ground beef and onion until cooked thoroughly. Drain well. Stir in tomatoes (including juice), drained hominy, chili powder, flour, and salt and pepper. Mix well.
3. Pour mixture into a 2 quart oven safe baking dish.
4. Bake for 20 minutes.
5. Top with cheese and continue baking for 5 minutes or until cheese has melted.

Recipe adapted from Food.com