

Mixed Vegetables, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned mixed vegetables consist of 7 vegetables: carrots, potatoes, lima beans, peas, green beans, corn, and celery.
- Canned mixed vegetables are a low-sodium food.

Storage

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

Uses and Tips

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

Nutrition Information

- ½ cup of mixed vegetables counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cup of vegetables.
- ½ cup of mixed vegetables provides more than a day’s worth of vitamin A and 10% of daily fiber needs.

Resources

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

Nutrition Facts

Serving size: ½ cup (82g) mixed vegetables, low-sodium, canned, drained

Amount Per Serving

Calories 40 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 140mg	6%	
Total Carbohydrate 8g	3%	
Dietary Fiber 2g	10%	
Sugars 2g		
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

Quick Chicken and Vegetable Soup

Makes about 4 servings

Ingredients

- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium chopped or crushed tomatoes with liquid
- 1 can (about 13 ounces) low-sodium chicken broth
- ½ cup chicken, cooked and chopped
- 1 can (about 15 ounces) low-sodium mixed vegetables with liquid
- ¼ teaspoon thyme, dried or ground (if you like)
- ⅛ teaspoon ground pepper

Directions

1. Use only cooked chicken (not raw) for this recipe.
2. Peel and chop the onion.
3. Put the tomatoes and broth in a pan. Cook on medium heat until they boil.
4. Add the onion. Turn the heat to low, and simmer for 5 minutes.
5. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too. Cook for 2 minutes.

Recipe adapted from Allrecipes.com

Summer Vegetable Salad

Makes about 4 servings

Ingredients

- 1 can (about 15 ounces) low-sodium mixed vegetables, drained
- ½ cup green peppers, chopped
- ¼ onion, chopped
- ¼ cup vegetable oil
- 1 tablespoon water
- ¼ cup white sugar
- ½ cup white vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Directions

1. Mix canned vegetables, green peppers, and onion in a bowl.
2. Combine oil, water, sugar, vinegar, salt, and pepper in separate bowl.
3. Combine vegetables and liquid; mix all together.

Recipe adapted from Delmonte.com.