

Potatoes, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned potatoes are U.S. Grade A.
- Canned potatoes are a low-sodium food.

Storage

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened potatoes in a tightly covered, nonmetal container and refrigerate.

Uses and Tips

- Heat in a skillet with chopped onions for a quick side dish.
- Canned potatoes are ready to use in soups, salads, casseroles, stews, vegetable side dishes, and main dishes.

Nutrition Information

- ½ cup of canned potatoes 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 (90g) potatoes, low-sodium, canned

Amount Per Serving			
Calories	54	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	12g		4%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	1g		
Vitamin A	0%	Vitamin C	8%
Calcium	0%	Iron	6%

*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

California Potato Medley

Makes about 6 servings

Ingredients

Nonstick cooking spray

½ green pepper, chopped

1 can (about 14 ounces) low-sodium sliced potatoes, drained

1 cup canned corn, low-sodium, drained

½ cup canned tomatoes, low-sodium, drained and chopped

½ teaspoon dried oregano (if you like)

¼ cup reduced fat cheese, shredded

Black pepper to taste

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn and tomato. If using oregano, add that too. Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

Recipe adapted from the Commodity Supplemental Food Program Cookbook.

Marinated Green Bean and Potato Salad

Makes about 4 servings

Ingredients

1 can (about 14 ounces) low-sodium green beans, drained

1 can (about 14 ounces) low-sodium potatoes, sliced

¼ cup reduced fat, unsalted Italian dressing

Directions

1. Toss ingredients in a large bowl.
2. Cover and chill for at least an hour.

Tip

This can be served over lettuce for a light salad. For main dish salad, add 6 ounces of bite-sized pieces of cooked turkey or ham. You can also try other canned vegetables like corn, carrots, or sweet peas instead of green beans.

Recipe adapted from Delmonte.com.