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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>54</th>
<th>Calories from Fat</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
<td>Sodium</td>
<td>140mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12g</td>
<td>4%</td>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8%</td>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Vitamin C</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Calcium</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

*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.

July 2018

USDA is an equal opportunity provider, employer, and lender.
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.

These recipes, presented to you by USDA, have not been tested or standardized.