

## Pumpkin, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



### Product Description

- Canned pumpkin is a low-sodium food.

### Storage

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

### Uses and Tips

- Serve canned pumpkin heated, or use in a variety of soups, puddings, baked goods including pies, cookies, breads, and muffins.

### Nutrition Information

- ½ cup of canned pumpkin counts as ½ cup in the ChooseMyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned pumpkin provides 16% of the daily recommended amount of fiber and more than a day’s worth of vitamin A.

### Resources

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

### Nutrition Facts

Serving size: ½ cup (123g) pumpkin, low-sodium, canned

| Amount Per Serving        |      |                          |            |
|---------------------------|------|--------------------------|------------|
| <b>Calories</b>           | 40   | <b>Calories from Fat</b> | 0          |
| <b>-% Daily Value*</b>    |      |                          |            |
| <b>Total Fat</b>          | 0g   |                          | <b>0%</b>  |
| Saturated Fat             | 0g   |                          | <b>0%</b>  |
| Trans Fat                 | 0g   |                          |            |
| <b>Cholesterol</b>        | 0mg  |                          | <b>0%</b>  |
| <b>Sodium</b>             | 5mg  |                          | <b>0%</b>  |
| <b>Total Carbohydrate</b> | 10g  |                          | <b>3%</b>  |
| Dietary Fiber             | 4g   |                          | <b>16%</b> |
| Sugars                    | 4g   |                          |            |
| <b>Protein</b>            | 1g   |                          |            |
| Vitamin A                 | 380% | Vitamin C                | 8%         |
| Calcium                   | 4%   | Iron                     | 10%        |

\*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

## Pumpkin Smoothie

Makes about 6 servings

### Ingredients

- 1 can (about 15 ounces) low-sodium pumpkin, chilled
- 1 can (12 ounces) evaporated low-fat milk, chilled
- 1 ½ cups orange juice
- 1 small banana, sliced
- ⅓ cup light brown sugar, packed (or ⅓ cup regular sugar)
- 2 dozen ice cubes (if you like)
- 2 teaspoons ground cinnamon (if you like)

### Directions

1. Place pumpkin, evaporated milk, orange juice, banana, and sugar in blender.
2. Cover and blend until smooth.
3. If using ice, pour mixture over ice. If using cinnamon, add that too.

*Recipe adapted from Verybestbaking.com*

## Pumpkin Peanut Butter Sandwich

Makes about 2 servings

### Ingredients

- ½ cup low-sodium canned pumpkin
- ½ cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, sliced

### Directions

1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

### Tip

Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.

*Recipe adapted from Verybestbaking.com*