

Salmon, Pink, Canned

MyPlate Food Group: **Protein**



Product Description

- Canned pink salmon is packed in oil and is fully cooked. Canned salmon is made from domestic pink salmon with skin and bones.

Storage

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened salmon in a tightly covered container that is not made from metal and refrigerate; use within 3 days.

Uses and Tips

- Use canned pink salmon in soups, salads, casseroles, and sandwiches.
- Canned pink salmon may be eaten hot or cold.

Nutrition Information

- 3 ounces of canned pink salmon counts as 3 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Resources

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

Nutrition Facts

Serving size: 3 ounces (85g) canned salmon, packed in oil, drained

Amount Per Serving			
Calories	120	Calories from Fat	40
-% Daily Value*			
Total Fat	4g		6%
Saturated Fat	0.5g		4%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	340mg		17%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
Vitamin A	2%	Vitamin C	0%
Calcium	25%	Iron	4%

*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

Salmon Chowder

Makes about 8 servings

Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 tablespoon vegetable oil
- ½ cup onion, chopped
- 3 ½ cups low-sodium chicken broth (or vegetable broth)
- 2 potatoes, peeled and diced
- 1 can (about 15 ounces) low-sodium corn, drained
- ¼ teaspoon black pepper
- ½ teaspoon dried dill (if you like)
- 1 ½ cups evaporated milk

Directions

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

Salmon Casserole

Makes about 6 servings

Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 cup macaroni, uncooked
- 1 cup water
- 2 tablespoons margarine
- 1 small onion, chopped
- ⅔ cup evaporated milk
- 2 tablespoon flour
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup low-sodium canned peas, drained

Directions

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>