

Spaghetti Sauce, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Spaghetti sauce is a low-sodium product.
- Meatless spaghetti sauce is a ready-to-eat canned tomato-based sauce that is smooth in texture and bright red in color.
- Spaghetti sauce may be lightly seasoned with spices and natural flavorings.

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

- Add vegetables and spices for additional flavor.
- Stir heated spaghetti sauce into cooked rice or pasta, or use as a topping for pizzas.
- Use spaghetti sauce in poultry, pork, and beef recipes.

Nutrition Information

- ½ cup spaghetti sauce counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of spaghetti sauce provides 12% of the daily recommended amount of fiber.

Resources

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

Nutrition Facts

Serving size: ½ cup (122g) spaghetti sauce, meatless, low-sodium, canned

Amount Per Serving	
Calories	59
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 11g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	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

Lentil Spaghetti Sauce

Makes about 6 servings

Ingredients

- 1 pound lean ground beef (or bison)
- 1 chopped onions
- 1 1/2 cup cooked lentils
- 2 cans of low-sodium spaghetti sauce (15 ounces each)
- 1/2 teaspoon garlic powder

Directions

1. In a large sauce pan cook beef until brown. Drain.
2. Add onion and garlic to drained beef. Cook until onions are soft, but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce hot over cooked spaghetti noodles.

Recipe adapted from SNAP-ED Connection Recipe Finder

Vegetable Noodles

Makes about 4 servings

Ingredients

- 1 pound noodles, uncooked
- 2 cups canned low-sodium mixed vegetables, drained
- 1 cup canned low-sodium spaghetti sauce
- 1/2 cup shredded cheese, such as Cheddar or American

Directions

1. Prepare noodles according to package directions and drain.
2. Return cooked, drained noodles back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.
3. Sprinkle with cheese before serving.

Tip

Fresh or frozen vegetables can also be added. Make sure to cook them before tossing with the noodles.

Recipe adapted from SNAP-ED Connection Recipe Finder