

Spinach, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned spinach is U.S. Grade A and comes in whole leaf, cut leaf, sliced, and chopped varieties.
- Canned spinach is a low-sodium food.

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 flavor to canned spinach with garlic, pepper, lemon juice, or Parmesan cheese.
- Drained and chopped spinach makes a healthy filling for pasta and enchiladas.

Nutrition Information

- ½ cup of canned spinach 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.
- ½ cup of canned spinach provides 70% of the daily recommended amount of vitamin A and 25% of the daily recommended amount of vitamin C.

Resources

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

Nutrition Facts

Serving size: ½ cup (127g) spinach, low-sodium, canned, drained

Amount Per Serving

Calories 30 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 4g			1%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 3g			
Vitamin A 70%	Vitamin C	20%	
Calcium 8%	Iron	15%	

*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

Spinach Pasta

Makes about 4 servings

Ingredients

6 ounces uncooked pasta (like penne, spirals, or macaroni)

½ cup onion, peeled and sliced

1 clove garlic, finely chopped

¾ teaspoon dried basil (if you like)

1 tablespoon vegetable or olive oil

1 medium bell pepper, cut in strips

1 can (about 13 ounces), low-sodium canned spinach, well drained and chopped

2 tablespoons Parmesan cheese (if you like)

Directions

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

Recipe adapted from DelMonte.com.

Low-Fat Spinach Dip

Makes about 3 servings

Ingredients

½ cup plain low-fat yogurt

½ cup low-fat (1% fat) cottage cheese

1 can (13 ounces) low-sodium canned spinach, well drained and chopped

1 green onion, sliced; or use ¼ cup onion, chopped, instead

1 teaspoon chili powder

1 teaspoon lemon juice

Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

Recipe adapted from Food.com