

Tomatoes, Diced, No Salt Added, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned, diced tomatoes are U.S. Grade B.
- Canned, diced tomatoes have no added salt.

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 tomatoes by seasoning with garlic, pepper, herbs such as dried basil or rosemary, or Parmesan cheese.
- Canned tomatoes are ready to use in a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Combine canned tomatoes with garlic and cooked chopped green pepper for an easy pasta sauce.

Nutrition Information

- ½ cup canned tomatoes 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 tomatoes provides 20% of the daily recommended amount of vitamin C.

Resources

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

Nutrition Facts

Serving size: ½ cup (120g) tomatoes, diced, no salt added, canned

Amount Per Serving	
Calories	30
Calories from Fat	0
-% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 8%	Vitamin C 20%
Calcium 4%	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

Chicken Cacciatore

Makes about 4 servings

Ingredients

- 1 onion, chopped
- 1 ½ cups no salt added diced tomatoes, canned
- ½ cup low-sodium tomato sauce, canned
- ⅛ teaspoon garlic powder
- 1 teaspoon dried oregano (if you like)
- ⅛ teaspoon black pepper
- 4 pieces chicken (thighs, breasts, or legs)
skin removed

Directions

1. Put the chopped onion in a saucepan.
2. Add the tomatoes, tomato sauce, garlic powder, and black pepper. If using oregano, add that too.
3. Cook on low heat for 3 minutes.
4. Add the chicken to the sauce pan and cover the pan.
5. Cook over low heat for about 1 hour until the chicken is fully cooked.

Recipe adapted from SNAP-ED Connection Recipe Finder

Creamy Tomato Soup

Makes about 6 servings

Ingredients

- ½ cup onion, chopped
- 2 garlic cloves, chopped
- 1 ½ cups low-sodium chicken broth
- 1 ½ cups water
- 3 cups no salt added tomatoes, canned
- ½ cup whole milk
- ½ teaspoon black pepper

Directions

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook until soft, approximately 3 minutes.
2. Add chicken broth, water, and tomatoes, bring to boil. Lower heat and cook uncovered for 25 minutes or until mixture begins to thicken.
3. Remove from heat. Blend in a blender until smooth, if you'd like. Soup can be smooth or chunky. Return to pot and heat over medium heat until soup is hot.
4. Stir in milk and black pepper.

Recipe adapted from Food.com