



SPINACH, LOW-SODIUM, CANNED

Date: October 2012

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.
- Store remaining opened spinach in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the [FDD Web site](#).

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

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.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

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

Amount Per Serving

Calories 30 **Calories from Fat** 5

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	18%
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.

SPINACH PASTA

MAKES 4 SERVINGS

Ingredients

- 6 oz. uncooked pasta (like penne, spirals, or macaroni)
- ½ c. onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ tsp. dried basil (if you like)
- 1 T. vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 (13 oz.) can chopped spinach, well drained; or chop up other types of low-sodium canned spinach
- 2 T. 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.

Nutrition Information for 1 serving of Spinach Pasta							
Calories	230	Cholesterol	0 mg	Sugar	5 g	Vitamin C	80 mg
Calories from Fat	35	Sodium	180 mg	Protein	8 g	Calcium	8 mg
Total Fat	4 g	Total Carbohydrate	40 g	Vitamin A	60 RAE	Iron	20 mg
Saturated Fat	0 g	Dietary Fiber	4 g				

Recipe provided by Delmonte.com.

HERB SPINACH BAKE

10 SERVINGS

Ingredients

- 1 (15 oz.) can spinach
- 2 c. cooked rice
- 2/3 c. low-fat milk
- ¼ c. margarine or butter, softened
- ¼ c. onion, chopped
- 2 tsp. salt
- 1 tsp. Worcestershire sauce
- 1 tsp. dried thyme

Directions

1. Preheat oven to 350°F. Grease a 9x13-inch baking pan and set aside.
2. Drain canned spinach, removing any excess liquid.
3. In a large bowl, combine spinach with remaining ingredients. Pour into prepared baking pan.
4. Cover and bake for 20 minutes.
5. Uncover and bake an additional 5 minutes or until set.

Nutrition Information for 1 serving of Herb Spinach Bake							
Calories	90	Cholesterol	0 mg	Sugar	1 g	Vitamin C	10%
Calories from Fat	45	Sodium	670 mg	Protein	2 g	Calcium	6%
Total Fat	5 g	Total Carbohydrate	10 g	Vitamin A	60%	Iron	6%
Saturated Fat	1.5 g	Dietary Fiber	1 g				