



CORN, SWEET, CREAM STYLE, LOW-SODIUM, CANNED

Date: October 2012 Code: 100310

PRODUCT DESCRIPTION

- Canned cream style corn is U.S. Grade B.
- Canned cream style corn is a low-sodium food.
- The kernels are golden or yellow.
- There is no cream added.

PACK/YIELD

- Each can contains about 14 ³/₄ ounce, which is about 3 servings (½ cup each).

STORAGE

- Store unopened canned cream style corn in a cool, clean, dry place.
- Store remaining opened cream style corn 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 at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

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

- Serve canned cream style corn heated as a side dish or use in a variety of main dishes, soups, breads, and muffins.

NUTRITION INFORMATION

- ½ cup of cream style corn counts as ½ cup in MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of cream style corn provides 2 grams the daily recommended amount of fiber.

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 (128g) cream style corn, low-sodium

Amount Per Serving			
Calories	92	Calories from Fat	5
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140 mg		15%
Total Carbohydrate	23g		8%
Dietary Fiber	2g		8%
Sugars	4g		
Protein	2g		
Vitamin A	2%	Vitamin C	10%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

BROCCOLI AND CORN BAKE

MAKES ABOUT 6 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 can (14 ¾ ounces) low-sodium cream style corn
- 1 package (10 ounces) frozen broccoli, cooked
- 1 egg, beaten
- ½ cup crackers (like saltines), crushed
- ¼ cup margarine

Directions

1. Preheat oven to 350 degrees F.
2. Spray 1 ½ quart casserole dish with nonstick cooking spray.
3. Mix corn, broccoli, egg, cracker crumbs, and margarine together and place in casserole dish.
4. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
5. Bake for 40 minutes. Serve warm.

Topping

- 6 crackers (like saltines), crushed
- 1 tablespoon melted margarine

Nutrition Information for 1 serving (1 cup) of Broccoli and Corn Bake							
Calories	148	Cholesterol	35 mg	Sugar	3 g	Vitamin C	22 mg
Calories from Fat	63	Sodium	192 mg	Protein	4 g	Calcium	30 mg
Total Fat	7 g	Total Carbohydrate	19 g	Vitamin A	96 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	3 g				

Recipe provided by SNAP-ED Connection Recipe Finder

CREAM STYLE CORN BREAD

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup cornmeal
- ¾ cup flour
- 1 small onion, chopped
- 1 can (14 ¾ ounces) low-sodium cream style corn
- 1 egg
- ½ cup low-fat milk
- ¼ cup oil

Directions

1. Preheat oven to 400 degrees F.
2. Spray a 12-cup muffin pan or a 8x8-inch or 9x9-inch pan with nonstick cooking spray.
3. In medium size bowl, mix together cornmeal, flour, sugar, baking powder, and salt.
4. Add cream style and regular corn, margarine, milk, and eggs. Pour into the flour mixture; stir just enough to blend.
5. Place in pan and bake for 15 to 20 minutes or until a toothpick or fork inserted in the

Nutrition Information for 1 serving of Cream Style Corn Bread							
Calories	320	Cholesterol	40 mg	Sugar	7 g	Vitamin C	2 mg
Calories from Fat	100	Sodium	110 mg	Protein	7 g	Calcium	6 mg
Total Fat	11 g	Total Carbohydrate	51 g	Vitamin A	60 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe provided by Cooks.com.