

**A239 – TOMATO SAUCE, CANNED, #10**



**Nutrition Information**

Tomato sauce

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A tomato sauce; may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 106 oz (12<sup>2</sup>/<sub>3</sub> cups) tomato sauce and provides about 50.7 ¼-cup servings vegetable.</li> <li>CN Crediting: ¼ cup tomato sauce provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomato sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned tomato sauce covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.</li> </ul>

	¼ cup (61 g)	½ cup (122 g)
Calories	20	40
Protein	0 g	0 g
Carbohydrate	5.0 g	10.0 g
Dietary Fiber	1.0 g	2.0 g
Sugars	3.0 g	6.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	280 mg	560 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	500 IU	1000 IU
Vitamin A	N/A	N/A
Vitamin C	2.4 mg	4.8 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

### A239 – TOMATO SAUCE, CANNED, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

**USDA Nondiscrimination Statement:** "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."