

A721 – BEEF, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ



Nutrition Information

Beef, canned with juices, salt added

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Coarse ground beef cooked in its own juices with a small amount of salt added for flavor.
PACK/YIELD	<ul style="list-style-type: none"> 24/24 oz cans per case. One 24 oz can AP yields about 12.1 1-oz servings heated, drained beef. One lb AP yields 0.51 lb heated drained beef and provides about 8.16 1-oz servings heated, drained beef. CN Crediting: 1 oz heated, drained beef provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store unopened canned beef off the floor in a cool, dry place. Store opened canned beef covered, in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Chill canned beef overnight for easy removal of fat and/or slicing. Use natural juices as part of the liquid required by any recipe. Chill only as many cans needed for one day. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid. Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.

	1 oz (28 g)	¼ cup (55 g)
Calories	62	120
Protein	5 g	10 g
Carbohydrate	0 g	0 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	4 g	8 g
Saturated Fat	2 g	3 g
Trans Fat	N/A	N/A
Cholesterol	18 mg	35 mg
Iron	0.37 mg	0.72 mg
Calcium	10 mg	20 mg
Sodium	77 mg	150 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	50 IU	100 IU
Vitamin A	N/A	N/A
Vitamin C	0.62 mg	1.2 mg
Vitamin E	N/A	N/A



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none"> • Canned beef may be chopped, cubed, ground, sliced, and used in recipes. • Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecue beef, pizza, spaghetti sauce, and casseroles. Substitute canned, drained beef for cooked ground beef, cooked beef cubes, or similar cooked meats in recipes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • 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. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.