

**A725 – LUNCHEON MEAT, READY-TO-EAT, CANNED, 24 OZ**



**Nutrition Information**

Luncheon meat, canned

	1.7 oz (48 g)	¼ cup (55 g)
Calories	112	130
Protein	6.80 g	9.43 g
Carbohydrate	0.85 g	1.18 g
Dietary Fiber	N/A	N/A
Sugars	0.85 g	1.18 g
Total Fat	8.50 g	11.78 g
Saturated Fat	3.4 g	4.71 g
<i>Trans</i> Fat	N/A	N/A
Cholesterol	31 mg	42 mg
Iron	0.31 mg	0.42 mg
Calcium	17 mg	24 mg
Sodium	408 mg	566 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	85 IU	118 IU
Vitamin A	N/A	N/A
Vitamin C	1.0 mg	1.4 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Canned luncheon meat is a ready-to-eat all-pork product.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>24/24 oz cans per case.</li> <li>One 24 oz can AP provides about 14.1 1.7-oz servings luncheon meat.</li> <li>CN Crediting: 1.7 oz (by weight) luncheon meat provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned luncheon meat 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 luncheon meat 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>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>To remove luncheon meat from the can in one piece, remove both the bottom and top lids of the can with a can opener and push out the luncheon meat with thumbs against one lid.</li> <li>Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.</li> </ul>

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

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<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Canned luncheon meat may be baked whole with a glaze (mix together ¼ cup honey and 1 tsp prepared mustard and spread on top of luncheon meat). Canned luncheon meat may be sliced for sandwiches or served hot with beans, cabbage, or potatoes. Canned luncheon meat may be cut into large pieces and added to soups, scrambled eggs, or salads. Cut luncheon meat into small pieces and make a meat sauce, hash, or sandwich filling.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <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>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DO NOT 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>