LUNCHEON MEAT
CANNED

for use in the USDA Household Commodity Food Distribution Programs

Revised: 01/21/05

Product Description

Canned Luncheon Meat is a ready to eat all-pork product.

Pack/Yield

Canned luncheon meat is packed in a 30-ounce (1 pound, 14 ounce) can.

Storage

- Store unopened cans of luncheon meat in a cool, dry place off the floor.

- After opening, cover lightly and store unused meat in refrigerator. Opened luncheon meat should be used within 3 to 4 days.

Uses and Tips

- For easy removal of meat from the can in one piece, cut out completely both the top and bottom lids of the can and push meat out of can with thumbs against one lid.

- Canned luncheon meat can be sliced for sandwiches or shaved for use in barbecue sandwiches.

- Dice and cook in scrambled eggs.

(See recipes on reverse side)

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- Cut in chunks to top a chef salad.

- Make a sandwich spread by grinding luncheon meat with relish and mayonnaise.

- It is also delicious baked whole with a mustard/brown sugar glaze.

Nutrition Information

- **Pork Luncheon Meat** is a source of water-soluble vitamins: thiamin, niacin, riboflavin, Vitamin B-6, and Vitamin B-12. It also supplies minerals: potassium, phosphorus, and zinc.

- Two (2) ounces of luncheon meat provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP of the Food Guide Pyramid.**

Nutrition Facts	
Serving size 2 ounces (57g) canned luncheon meat	
Amount Per Serving	
Calories 138	Fat Cal 99
	% Daily Value*
Total Fat 11.0 g	**17%**
Saturated Fat 4.0 g	**20%**
Cholesterol 40 mg	**13%**
Sodium 490 mg	**21%**
Total Carbohydrate 1 g	**0%**
Dietary Fiber 0g	**0%**
Sugar 1 g	
Protein 8 g	
Vitamin A <2%	Vitamin C <2%
Calcium <2%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Glazed Baked Dinner Loaf

½ can (15 ounces) luncheon meat
whole cloves (optional)
1/3 cup firmly packed brown sugar
1 teaspoon water
1 teaspoon prepared mustard
½ teaspoon vinegar

Recipe provided by Hormel Foods

1. Heat oven to 375°F.
2. Place luncheon meat in shallow baking pan.
3. Score surface and stud with cloves.
4. Combine brown sugar, water, mustard, and vinegar, stirring until smooth.
5. Brush glaze over the cloves and bake for 20 minutes, basting often.
6. Slice into 7 slices to serve.

Serves 7

Nutrition Information for each serving of Glazed Baked Dinner Loaf:							
Calories	242	Cholesterol	37 mg	Sugar	10 g	Calcium	13 mg
Calories from Fat	165	Sodium	793 mg	Protein	7 g	Iron	.6 mg
Total Fat	18.4 g	Total Carbohydrate	11 g	Vitamin A	0		
Saturated Fat	6.5 g	Dietary Fiber	0 g	RE			
				Vitamin C	0 mg		

Corn Chowder

1 cup chopped onion
1 tablespoon butter
2 cups peeled, diced potatoes
1 green pepper, chopped
2 cans cream-style corn
3 cups milk
½ can (15 ounces) luncheon meat, cubed

Recipe provide by Hormel Foods

1. In a 3-quart saucepan, sauté onion in butter over medium heat 5 minutes until golden brown.
2. Add potatoes and green pepper. Cook and stir 2 minutes.
3. Add corn and milk. Bring to a boil. Reduce heat and simmer 15 minutes until potatoes are tender, stirring occasionally.
4. Add luncheon meat. Simmer 2 minutes.

Makes 12 1-cup servings
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Nutrition Information for each serving of Corn Chowder:							
Calories	258	Cholesterol	27 mg	Sugar	8 g	Calcium	84 mg
Calories from Fat	117	Sodium	726 mg	Protein	8 g	Iron	.9 mg
Total Fat	13.1 g	Total Carbohydrate	28 g	Vitamin A	49		
Saturated Fat	4.8 g	Dietary Fiber	1 g	RE			
				Vitamin C	20 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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