

CORN, WHOLE KERNEL, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

04/05/04

Product Description

Canned Corn is whole-kernel corn, with water. Sugar and salt may be added.

Pack/Yield

Canned corn is packed in a 15.5-ounce can, which yields about 3 ½-cup servings after cooking and draining.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened corn in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

Uses

Serve canned corn heated or use in soups, stews, chowders, stuffing, relishes, fritters, and main dishes.

Preparation

- Heat only to serving temperature and serve soon after heating. Do not allow to boil.
- Combine corn with lima beans to make succotash.
- Add variety to corn by mixing with one or more vegetables such as tomatoes, green peppers, or onions.



U.S. Department of Agriculture

- Add flavor to canned corn with seasonings such as celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper.
- Well-drained corn may be added to cornbread batter.

Nutrition Information

- **Corn** is an **good source** of folate and Vitamin C.
- ½ cup of corn provides 1 serving from the **VEGETABLE GROUP of the Food Guide Pyramid**.

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (82g) Corn, heated and drained	
Amount Per Serving	
Calories 80	Fat Cal
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Protein 2g	
Folate 40 mcg	10%
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Corn Salad

2 (15.5 ounce) cans corn, drained
¾ cup cucumber slices
¼ cup onion, diced
2 small tomatoes, coarsely chopped
¼ cup reduced-fat sour cream
2 tablespoons reduced-fat mayonnaise
1 tablespoon distilled white vinegar
½ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon celery seed

1. In a large mixing bowl, combine the corn, cucumbers, onions, and tomatoes
2. Prepare the dressing by whisking together the sour cream, mayonnaise, vinegar, salt, mustard, and celery seeds.
3. Add to corn mixture and toss until all ingredients are evenly coated.

Makes 6 servings

Recipe provided by Allrecipes.com

Nutrition Information for each serving of Corn Salad:

Calories	160	Cholesterol	0 mg	Sugar	6 g	Calcium	40 mg
Calories from Fat	35	Sodium	560 g	Protein	5 g	Iron	1 mg
Total Fat	4 g	Total Carbohydrate	30 g	Vitamin A	120 RE		
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	15 mg		

Easy Corn Chowder

2 cups peeled and diced potatoes
½ cup celery, diced
½ cup onion, chopped
1 (15.5 ounce) can creamed corn
1 (15.5 ounce) can whole kernel corn
1 (12 ounce) can evaporated milk
1/8 teaspoon ground cayenne pepper
¼ teaspoon salt

1. In a large pot over medium heat, place potatoes, celery, and onion with water to cover. Bring to a boil, then reduce heat and simmer 20 minutes, until potatoes are tender. Drain.
2. Return vegetables to pot with creamed corn, corn, evaporated milk, cayenne, and salt over low heat. Simmer 20 minutes.

Makes 6 servings

Recipe provided by Allrecipes.com

Nutrition Information for each serving of Easy Corn Chowder:

Calories	260	Cholesterol	20 mg	Sugar	1 g	Calcium	200 mg
Calories from Fat	50	Sodium	590 mg	Protein	8 g	Iron	1 mg
Total Fat	5 g	Total Carbohydrate	43 g	Vitamin A	40 RE		
Saturated Fat	3 g	Dietary Fiber	3 g	Vitamin C	18 mg		

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

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.