



USDA Foods in Schools

100336 - Spaghetti Sauce, Low-sodium, Canned

Category: **Vegetables**

Subgroup: **Red/Orange**



Product Description

- This item is a low-sodium, smooth spaghetti sauce. It has a tomato base with basil, garlic, onion, and other spices used to achieve a traditional spaghetti sauce flavor. This item is low-sodium and is available in cases containing six #10 cans.

Crediting/Yield

- One case of spaghetti sauce provides about 144 ½-cup servings.
- CN Crediting: ½ cup spaghetti sauce credits as ½ cup red/orange vegetable.

Culinary Tips and Recipes

- Use canned spaghetti sauce as a base to prepare a marinara sauce that is customized to your student preferences.
- Use canned spaghetti sauce as a topping for chicken or vegetables or a dipping sauce.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (125g) spaghetti sauce, low sodium

Amount Per Serving

Calories 50

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 10g

Dietary Fiber 2g

Sugars 6g

Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.