



Cranberry Sauce, Canned

MyPlate Food Group: **Fruit**



Nutrition Information

- 1 cup of canned cranberry sauce counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Canned cranberry sauce is naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned cranberry sauce has many vitamins and minerals that are important for your body.
- For specific information about canned cranberry sauce, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned cranberry sauce is a great way to add fruit in your diet when fresh fruits are not available.
- Canned cranberry sauce does not need to be cooked or heated, it can be eaten right away.
- Canned cranberry sauce can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Canned cranberry sauce can be added to muffins, quick breads, and other baked goods to add flavor and additional nutrients.

Storing Foods at Home

- Store unopened canned cranberry sauce in a cool, clean, and dry place.
- After opening, take any unused cranberry sauce out of the can and store it in a tightly covered container in the refrigerator.

MyPlate Facts

- Canned cranberry sauce contains Vitamin C.
- Vitamin C is needed to heal cuts and keep your gums healthy.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with low calorie food like fruit. Making this swap often helps to maintain a healthy weight.



USDA Foods

Glazed Beef Roast

Makes 6 servings

Ingredients:

- 1 can (16 ounce) cranberry sauce
- ½ cup orange juice
- ½ teaspoon orange peel, grated
- ½ teaspoon dried sage (optional)
- 2 ½ pounds boneless beef roast
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Directions: Wash hands with soap and water.

1. In a medium-size saucepan, combine the cranberry sauce, orange juice, and orange peel. If using sage, add that too. Bring mixture to a boil over medium heat. Reduce heat and simmer for 5 minutes. Set aside 1 cup cooked sauce to serve with cooked beef.
2. Place beef roast in a 13" x 9" roasting pan. Season with salt and pepper. Bake uncovered, for 1 hour until internal temperature reaches 160 degrees F on a meat thermometer. Pour sauce over meat often while baking. Discard any unused sauce.
3. Let roast stand 10 minutes before serving. Warm the sauce and serve warm.

Food Distribution Division Recipes, Food and Nutrition Service, U.S. Department of Agriculture

Turkey Cranberry Grilled Cheese

Makes 1 serving

Ingredients:

- 2 slices whole wheat bread
- 2 tablespoons mozzarella cheese, shredded
- 2 tablespoons cranberry sauce or dried cranberries
- 2 tablespoons cooked turkey, chopped or shredded
- ½ cup spinach

Directions: Wash hands with soap and water.

1. Sprinkle shredded cheese evenly over one piece of bread. Add cranberry sauce or dried cranberries, turkey and spinach, then add the other piece of bread.
2. Heat a medium skillet over medium heat. Lightly spray with cooking spray, then place sandwich in the skillet. Cover and cook for 2 - 3 minutes on each side, or until the outside is golden brown and contents are heated through.

Recipe adapted from FoodHero.org