

MILK, EVAPORATED

for use in the USDA Household
Commodity Food Distribution Programs

9/27/02

Product Description

Evaporated milk is made by heating fresh whole milk until 60% of the water evaporates. It is U.S. Type 1 and is fortified with Vitamin D.

Pack/Yield

Evaporated milk is packed in 13-ounce cans, which yields 13 2-tablespoon servings, or 1 $\frac{2}{3}$ cups.

Storage

- Store evaporated milk off the floor in a cool, dry place.
- Refrigerate opened evaporated milk in a tightly covered container. Use within 3 to 5 days.

Uses and Tips

- Undiluted evaporated milk can be used as a lower-fat alternative to heavy whipping cream in sauces, soups, and gravies.
- Evaporated milk can be diluted with an equal amount of water and substituted for fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.
- Evaporated milk is not the same as “sweetened condensed milk” and should not be substituted in recipes.



U.S. Department of Agriculture

Nutrition Information

- A $\frac{1}{2}$ cup of evaporated milk provides 1 serving from the **MILK, YOGURT, AND CHEESE GROUP** of the Food Guide Pyramid.
- A $\frac{1}{2}$ cup of evaporated milk counts as one **WHOLE MILK Diabetic Exchange**.

(See recipes on reverse side)

Nutrition Facts			
Serving size 2 tablespoons (30mL) undiluted evaporated milk			
Amount Per Serving			
Calories	40	Fat Cal	20
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Cholesterol	10mg		3%
Sodium	30mg		2%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Protein	2g		4%
Vitamin A	2%	Vitamin C	2%
Calcium	8%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

Raisin Apple Bread Pudding

4 cups day old white bread cubes
 1 medium apple, chopped
 1 cup raisins
 2 eggs (**or** ½ cup egg mix + ½ cup water)
 1 (13-ounce) can evaporated milk
 ½ cup apple juice
 ¼ cup sugar
 1½ teaspoons cinnamon
 caramel sauce (optional, see below)

1. Preheat oven to 350°F. Grease 11x7 inch baking dish.
2. Combine bread, apple, and raisins in large bowl. Set aside.
3. Beat eggs in medium bowl. Stir in evaporated milk, apple juice, sugar, and cinnamon; mix well. Pour egg mixture over bread mixture, pressing bread into egg mixture; let stand 10 minutes until bread absorbs liquid. Pour into prepared baking dish.
4. Bake for 40 to 45 minutes or until set and apples are tender. Serve with warm caramel sauce.

Recipe provided by Nestlé

Makes 8 servings

Nutrition Information for 2¼ x 3½ inch square of Raisin Apple Bread Pudding:

Calories	220	Cholesterol	65 mg	Sugar	22 g	Calcium	160 mg
Calories from Fat	50	Sodium	140 mg	Protein	6 g	Iron	1 mg
Total Fat	5.5 g	Total Carbohydrate	38 g	Vitamin A	50 RE		
Saturated Fat	3 g	Dietary Fiber	2 g	Vitamin C	3 mg		

Caramel Sauce

2 cups sugar
 ½ cup water
 1 (13-ounce) can evaporated milk
 ½ cup (1 stick) butter, softened, divided
 2 teaspoons vanilla extract

1. Combine sugar and water in medium saucepan; cook over medium-high heat, stirring occasionally, until mixture comes to a boil. Continue to boil, without stirring, 10 to 14 minutes, tilting pan occasionally to keep color even until mixture turns a deep caramel color. Remove from heat.
2. Stir in evaporated milk (mixture will foam up); **do not scrape sides of pan**. One tablespoon at a time, add ¼ cup butter, stirring well after each addition. Stir in remaining butter and vanilla extract until smooth. Serve over bread pudding, ice cream, cake, or fruit.

Recipe provided by Nestlé

Makes 2½ cups

Nutrition Information for 2 tablespoons Caramel Sauce:

Calories	150	Cholesterol	20 mg	Sugar	19 g	Calcium	50 mg
Calories from Fat	60	Sodium	70 mg	Protein	1 g	Iron	0 mg
Total Fat	6 g	Total Carbohydrate	22 g	Vitamin A	55 RE		
Saturated Fat	4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

Banana Smoothie

1 cup evaporated milk
 1 ripe banana
 1 teaspoon lemon juice
 2 cups ice
 1 tablespoon honey or sugar
 nutmeg, optional

1. Mix evaporated milk, banana, lemon juice, and honey together in blender on high speed. Add ice gradually; process until slushy. Sprinkle with nutmeg, if desired.

Recipe provided by Washington State Dairy Council

Makes 3 servings

Nutrition Information for 1 cup of Banana Smoothie:

Calories	170	Cholesterol	25 mg	Sugar	12 g	Calcium	220 mg
Calories from Fat	60	Sodium	90 mg	Protein	6 g	Iron	0 mg
Total Fat	7 g	Total Carbohydrate	23 g	Vitamin A	48 RE		
Saturated Fat	4 g	Dietary Fiber	1 g	Vitamin C	6 mg		

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

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