



CEREAL, BRAN FLAKES, READY-TO-EAT, DRY

Date: November 2012 Code: 100933

PRODUCT DESCRIPTION

- Bran flakes are a ready-to-eat cereal with added vitamins and minerals, but no added sweeteners.

PACK/YIELD

- Bran flakes are packed in 17.3-ounce boxes, which is about 13 servings (1 cup each) of cereal. Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened boxes of bran flakes in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Top bran flakes with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Bran flakes can be used in a variety of recipes calling for dry, ready-to-eat cereal.
- Mix ½ cup bran flakes with ¼ teaspoon cinnamon or nutmeg. Sprinkle over bread or muffin batter before baking.

NUTRITION INFORMATION

- 1 cup of bran flakes counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet the daily recommendation is about 6 ounces.
- 1 cup of bran flakes provides 60% of daily iron needs and 28% of daily fiber needs.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (40g) bran flakes cereal

Amount Per Serving

Calories	96	Calories from Fat	10
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% Daily Value*

Total Fat 1g			1%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 180mg			8%
Total Carbohydrate 24g			11%
Dietary Fiber 7g			28%
Sugars 8g			
Protein 4g			
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 60%	

*Percent Daily Values are based on a 2,000 calorie diet.

BRAN FLAKE MUFFINS

MAKES ABOUT 10 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 cup bran flakes cereal
- ¾ cup 1% milk
- 1 egg
- ¼ cup margarine, melted
- 1 cup flour
- 2 ½ teaspoons baking powder
- ½ teaspoon salt
- ¼ cup sugar

Directions

1. Preheat oven to 400 degrees F. Coat 10 muffin cups with nonstick cooking spray.
2. Combine bran flakes and milk and let sit for 5 minutes until cereal is soft.
3. Stir in egg and margarine. Mix in flour, baking powder, salt, and sugar, stirring until combined.
4. Fill 10 muffin cups.
5. Bake for 30 minutes, until toothpick or knife inserted into center of a muffin comes out clean.

Nutritional Information for 1 serving (1 muffin) of Bran Flake Muffins							
Calories	130	Cholesterol	25 mg	Sugar	7 g	Vitamin C	0 mg
Calories from Fat	50	Sodium	280 mg	Protein	3 g	Calcium	98 mg
Total Fat	5 g	Total Carbohydrate	19 g	Vitamin A	92 RAE	Iron	2 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

OATMEAL ROYALE

MAKES ABOUT 2 SERVINGS

Ingredients

- 1 cup water
- ½ cup orange juice
- ¼ cup raisins
- 1 medium apple, peeled, center removed, and chopped
- ⅓ cup bran flakes cereal
- ⅔ cup oats
- ¼ teaspoon cinnamon
- 1 banana, peeled and chopped

Directions

1. Combine water, orange juice, raisins, and apple in a medium pan. Bring to a boil.
2. Stir in oats and bran flakes, reduce heat, and cook for 6 minutes. Stir every 2 minutes.
3. Remove from heat and stir in cinnamon and banana pieces before serving.

Nutritional Information for 1 serving (about 1 cup) of Oatmeal Royale							
Calories	300	Cholesterol	0 mg	Sugar	34 g	Vitamin C	30 mg
Calories from Fat	20	Sodium	60 mg	Protein	7 g	Calcium	113 mg
Total Fat	2 g	Total Carbohydrate	70 g	Vitamin A	66 RAE	Iron	4mg
Saturated Fat	0 g	Dietary Fiber	8 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook