



## CEREAL, CORN FLAKES, READY-TO-EAT, DRY

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### PRODUCT DESCRIPTION

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

### PACK/YIELD

- Corn flakes are packed in 18-ounce boxes, which is about 18 servings (1 cup each). Since box sizes vary, check package for exact amount.

### STORAGE

- Store unopened boxes of corn 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 corn flakes with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Corn flakes can be used in a variety of recipes calling for dry, ready-to-eat cereal.
- Mix ½ cup corn flakes with ¼ teaspoon dried herbs like basil, rosemary, or parsley and sprinkle over casseroles before baking.
- Use crushed corn flakes in place of bread crumbs in recipes.

### NUTRITION INFORMATION

- 1 cup of corn 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 corn flakes provides 30% of daily recommended iron needs and 15% of daily recommended vitamin A needs.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1 cup (28g) corn flakes cereal

#### Amount Per Serving

**Calories** 100 **Calories from Fat** 0

#### % Daily Value\*

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 270mg		<b>11%</b>
<b>Total Carbohydrate</b> 24g		<b>8%</b>
Dietary Fiber 1g		<b>5%</b>
Sugars 2g		
<b>Protein</b> 2g		
Vitamin A 15%	Vitamin C	0%
Calcium 2%	Iron	30%

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

## CRUNCHY POTATO CASSEROLE

MAKES ABOUT 8 SERVINGS

### Ingredients

- 2 cups corn flakes cereal, crushed into crumbs
- 2 pounds potatoes, peeled and grated
- ¼ cup margarine, melted
- ¼ teaspoon black pepper
- 1 onion, chopped
- 1 can (about 10 ounces) low-sodium cream of chicken soup
- ¾ cup fat-free sour cream
- 1 cup low-fat cheddar cheese, shredded

### Directions

1. Preheat oven to 350 degrees F.
2. Combine potatoes, margarine, and black pepper in a large bowl.
3. Add onion, soup, sour cream, and cheese; mix well.
4. Pour into a 13x9-inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Nutritional Information for 1 serving (¾ cup) of Crunchy Potato Casserole			
Calories	240	Cholesterol	15 mg
Calories from Fat	70	Sodium	340 mg
Total Fat	7 g	Total Carbohydrate	35 g
Saturated Fat	2.5 g	Dietary Fiber	3 g
		Sugar	4 g
		Protein	8 g
		Vitamin A	445 RAE
		Vitamin C	27 mg
		Calcium	118 mg
		Iron	2 mg

*Recipe adapted from Food.com*

## BAKED FISH WITH CORN CRUST

MAKES ABOUT 2 SERVINGS

### Ingredients

- Nonstick cooking spray
- 1 cup corn flakes cereal, crushed into crumbs
- 2 fish fillets (about 6 ounces each) of trout, flounder, or other white fish
- 1 cup 1% milk
- ⅛ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons margarine

### Directions

1. Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
3. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet.
4. Place 1 teaspoon margarine on top of each fish fillet.
5. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Nutritional Information for 1 serving (1 fillet) of Baked Fish with Corn Crust			
Calories	290	Cholesterol	90 mg
Calories from Fat	60	Sodium	470 mg
Total Fat	6 g	Total Carbohydrate	17 g
Saturated Fat	2.5 g	Dietary Fiber	0 g
		Sugar	6 g
		Protein	37 g
		Vitamin A	126 RAE
		Vitamin C	8 mg
		Calcium	179 mg
		Iron	1 mg

*Recipe adapted from Food.com*