



CEREAL, CORN AND RICE BISCUITS, READY-TO-EAT, DRY

Date: November 2012 Code: 110265

PRODUCT DESCRIPTION

- Corn and rice biscuits are a dry, ready-to-eat cereal with added vitamins and minerals, but no added sweeteners.

PACK/YIELD

- Corn and rice biscuits are packed in 12-ounce boxes, which is about 12 servings (1 cup each) of cereal. Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened boxes of corn and rice biscuits 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>.

USES AND TIPS

- Top corn and rice biscuits with low-fat milk and fruit for a quick and easy breakfast.
- Corn and rice biscuits can be used in a variety of recipes calling for dry, ready-to-eat cereal.
- Use crushed corn and rice biscuits in place of bread crumbs in recipes.

NUTRITION INFORMATION

- 1 cup of corn and rice biscuits counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet the daily recommendation is about 6 ounces.
- 1 serving of corn and rice biscuits has 50% of the daily recommended amount of iron, 15% of the daily recommended amount of vitamin A, and 20% of the daily recommended amount of vitamin C.

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: 1 cup (29g) corn and rice biscuits cereal

Amount Per Serving			
Calories	110	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g	3%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	230mg	10%	
Total Carbohydrate	25g	8%	
Dietary Fiber	0.5g	2%	
Sugars	3g		
Protein	2g		
Vitamin A	15%	Vitamin C	20%
Calcium	0%	Iron	50%

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

SIMPLE SNACK MIX

MAKES ABOUT 12 SERVINGS

Ingredients

- ½ tablespoon chili powder
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- 1 teaspoon cayenne pepper (if you like)
- 3 ½ cups corn and rice biscuits cereal
- 1 ½ cups oat circles cereal
- 1 cup cheese crackers
- ¾ cup pretzels
- ½ cup peanuts
- Nonstick cooking spray

Directions

1. Preheat oven to 300 degrees F.
2. Combine chili powder, garlic powder, and onion powder in a small bowl. If using cayenne pepper, add that too.
3. Combine corn and rice biscuits, oat cereal, cheese crackers, pretzels, and peanuts in a large bowl. Spread onto a baking sheet.
4. Spray cereal mixture with nonstick cooking spray, then sprinkle spice mixture on top.
5. Bake for 25 to 30 minutes.

Nutritional Information for 1 serving (about 1 cup) of Simple Snack Mix							
Calories	220	Cholesterol	0 mg	Sugar	2 g	Vitamin C	4 mg
Calories from Fat	40	Sodium	170 mg	Protein	3 g	Calcium	29 mg
Total Fat	5 g	Total Carbohydrate	17 g	Vitamin A	97 RAE	Iron	5 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from Food.com

OVEN CRISPY CHICKEN

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 cut-up whole chicken, skin removed (about 3 pounds)
- ¼ cup low-fat milk
- ½ cup flour
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup corn and rice biscuits cereal, crushed
- 2 tablespoons vegetable oil

Directions

1. Preheat oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray.
2. Place milk in a bowl. Add chicken pieces and turn them until they are coated in milk.
3. Combine flour, paprika, salt, and black pepper in a dish. Place cereal in a separate dish.
4. Dip chicken pieces in flour mixture until they are coated. Dip back into the milk, then roll chicken in cereal until coated. Place chicken on a baking sheet. Drizzle with oil.
5. Bake for 10 to 15 minutes. Turn chicken pieces over, and bake another 15 minutes or until chicken is cooked through and crust is crispy.

Nutritional Information for 1 serving (about 5 ounces) of Oven Crispy Chicken							
Calories	380	Cholesterol	155 mg	Sugar	0 g	Vitamin C	0 mg
Calories from Fat	140	Sodium	230 mg	Protein	50 g	Calcium	34 mg
Total Fat	16 g	Total Carbohydrate	6 g	Vitamin A	34 RAE	Iron	2 mg
Saturated Fat	4 g	Dietary Fiber	0 g				

Recipe adapted USDA Recipes and Tips for Healthy, Thrifty Meals.