



CEREAL, RICE CRISPS, READY-TO-EAT

Date: November 2012 Code: 100457

PRODUCT DESCRIPTION

- Rice crisps are toasted ready-to-eat rice cereal with added vitamins and minerals but no added sweeteners.

PACK/YIELD

- Rice crisps 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 rice crisps 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 rice crisps with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Stir rice crisps into trail mix, or make your own mix with rice crisps, raisins, and your favorite nuts.
- Rice crisps can be used in a variety of recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION

- 1 cup of rice crisps counts as 1 ounce in the MyPlate.gov Grain Group. For a 2,000 calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of rice crisps provides 15% of the daily recommended amount of iron, 10% of the daily recommended amount of vitamin A, and 20% of the daily recommended amount of vitamin C.

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: 1 cup (28g) rice crisps cereal

Amount Per Serving

Calories 107 **Calories from Fat** 0

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 240mg		10%
Total Carbohydrate 24g		8%
Dietary Fiber 0g		0%
Sugars 2g		
Protein 1.8g		
Vitamin A 10%	Vitamin C 20%	
Calcium 1%	Iron 15%	

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

PEANUT BUTTER RICE TREATS

MAKES ABOUT 12 SERVINGS

Ingredients

- Nonstick cooking spray
- 6 cups rice crisps cereal
- 2 tablespoons margarine
- 1/3 cup peanut butter
- 2 cups marshmallows

Directions

1. Spray a 9x9-inch or 13x9-inch baking pan with nonstick cooking spray.
2. In a large pot, melt the margarine and peanut butter on the lowest heat.
3. Add the marshmallows and melt, stirring constantly, until smooth. Stir in the rice crisps.
4. Press into the pan with clean hands or the back of a wooden spoon.
5. Cool in the refrigerator until firm, about an hour. Cut into squares.

Nutritional Information for 1 serving (1 square) of Peanut Butter Rice Treats							
Calories	170	Cholesterol	0 mg	Sugar	12 g	Vitamin C	3 mg
Calories from Fat	60	Sodium	180 mg	Protein	3 g	Calcium	6 mg
Total Fat	6 g	Total Carbohydrate	27 g	Vitamin A	91 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com

CRISP RICE BAKED CHICKEN

MAKES ABOUT 8 SERVINGS

Ingredients

- Nonstick cooking spray
- 4 1/2 cups rice crisps cereal
- 1 egg, beaten
- 3/4 cup 1% milk
- 3/4 cup flour
- 1 teaspoon poultry seasoning (if you like)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 whole chicken (about 4 pounds) cut up, thawed (if it was frozen), skin removed
- 3 tablespoons margarine, melted

Directions

1. Heat oven to 375 degrees F.
2. Spray a baking sheet with nonstick cooking spray, or lay a piece of aluminum foil on the bottom.
3. Place cereal in a zip-top bag and crush into small pieces with a rolling pin or the bottom of a jar. Place crushed cereal in a bowl.
4. Combine egg and milk in another bowl. Add flour and pepper and stir well with a whisk. If using poultry seasoning, add that too.
5. Dip chicken pieces in egg mixture, then coat with crushed cereal. Place chicken on baking sheet.
6. Drizzle chicken with melted margarine.
7. Bake 30-40 minutes until golden brown and chicken is cooked through.

Nutritional Information for 1 serving of Crisp Rice Baked Chicken							
Calories	360	Cholesterol	150 mg	Sugar	3 g	Vitamin C	7 mg
Calories from Fat	100	Sodium	450 mg	Protein	40 g	Calcium	58 mg
Total Fat	11 g	Total Carbohydrate	24 g	Vitamin A	170 RAE	Iron	3mg
Saturated Fat	3 g	Dietary Fiber	0 g				

Recipe adapted from Food.com