

CORN FLAKES

FORTIFIED READY TO EAT CEREAL

for use in the USDA Household Commodity Food Distribution Programs

Revised: 10/28/03

Product Description

Corn Flakes is a ready-to-eat cereal with no added sweeteners.

Pack/Yield

An 18-ounce box of cereal provides 18 1-cup servings. Since box sizes may vary, check the label for exact yield.

Storage

- Store unopened boxes of cereal in a cool, dry place off the floor until ready to use.
- After opening, keep inside bag tightly closed to preserve freshness. Use within 4 to 6 weeks.

Uses and Tips

- Top corn flakes with cold milk and fresh fruit for a nutritious breakfast.
- Mix ½ cup of crushed corn flakes and ¼ teaspoon of your favorite herbs. Sprinkle on top of casseroles before baking.
- Corn flakes can be substituted in recipes calling for any variety of dry ready-to-eat cereals.

(See recipes on reverse side)



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Nutrition Information

- ***Corn Flakes Cereal*** is low in fat and because it is fortified, it is a good source of vitamin A, vitamin C, and iron.
- 1 ounce (1 cup) of corn flakes cereal provides 1 serving from the **BREAD, CEREAL, RICE, and PASTA GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 1 cup (28g) corn flakes cereal			
Amount Per Serving			
Calories	106	Fat Cal	2
% Daily Value*			
Total Fat	0.2g		0%
	Saturated Fat .1g		0%
Cholesterol	0mg		0%
Sodium	263mg		10%
Total Carbohydrate	24g		8%
	Dietary Fiber <1g		2%
	Sugars 2g		
Protein	1g		
Vitamin A	14%	Vitamin C	24%
Calcium	0%	Iron	47%
*Percent Daily Values are based on a 2,000 calorie diet			

Apple Crunch

1 tablespoon flour
 1/3 cup sugar
 1 teaspoon ground cinnamon
 4 cups peeled, sliced tart apples
 2 cups corn flakes, crushed to fine crumbs
 1/4 cup flour
 1/4 cup firmly packed brown sugar
 2 tablespoons margarine or butter, softened

Recipe provided by Kellogg's

1. Combine flour, sugar, and cinnamon. Toss with apples.
2. Place apple mixture in 2-cup casserole.
3. Mix the crushed corn flakes, flour, and brown sugar.
4. Blend with margarine until crumbly.
5. Sprinkle corn flake mixture over apples.
6. Bake at 400°F for 30 minutes until apples are tender.
7. Serve warm, topped with vanilla frozen yogurt.

Makes 6 servings

Nutrition Information for each serving of Apple Crunch:

Calories	229	Cholesterol	0 mg	Sugar	32 g	Calcium	19 mg
Calories from Fat	37	Sodium	158 mg	Protein	1 g	Iron	3.4 mg
Total Fat	4.1 g	Total Carbohydrate	48 g	Vitamin A	91 RE		
Saturated Fat	.8 g	Dietary Fiber	2 g	Vitamin C	9 mg		

Onion Rings

2 large sweet onions, peeled and cored
 7 ounces corn flakes, crushed
 1 teaspoon regular or seasoned salt
 2 teaspoons sugar
 1 teaspoon paprika (optional)
 4 eggs

Recipe provided by Arielle's Recipe Archives

1. Cut each onion into 4 thick slices.
2. Separate slices into rings reserving small rings for other uses.
3. Combine cereal, salt, sugar, and paprika.
4. Divide coating mixture into two small bowls.
5. Beat eggs until soft peaks have formed.
6. Dip half of onion rings into beaten eggs and then dredge in crumb mixture.
7. Place in a single layer on oiled baking sheet.
8. Repeat procedure with remaining onion rings and second bowl of crumb mixture.
9. Bake at 375°F for 15 minutes until crisp.
10. Serve warm.

Makes 4 servings

Nutrition Information for each serving of Onion Rings:

Calories	301	Cholesterol	240 mg	Sugar	7 g	Calcium	42 mg
Calories from fat	52	Sodium	1200 mg	Protein	11 g	Iron	14.8 mg
Total Fat	5.7 g	Total Carbohydrate	51 g	Vitamin A	356 RE		
Saturated Fat	1.7 g	Dietary Fiber	2 g	Vitamin C	29 mg		

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

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