

Cereal, Bran-Flakes, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

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

Storage

- Store unopened boxes of bran flakes in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

Uses and Tips

- Top bran flakes with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- 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.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

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

Amount Per Serving

Calories 96 **Calories from Fat** 10

-% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 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.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>