

## Cereal, Corn Flakes, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



### Product Description

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

### Storage

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

### Uses and Tips

- 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.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## 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 Fat</i> 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.

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

## 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.

*Recipe adapted from Food.com*

## Baked Fish with Corn Crust

Makes about 8 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.

*Recipe adapted from Food.com*