

Cereal, Corn and Rice Biscuits, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

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

Storage

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

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.

Resources

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

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		1%
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.

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

Simple Snack Mix

Makes about 12 servings

Ingredients

- 1 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.

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.

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