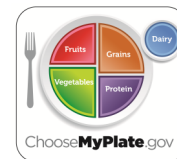


Cereal, Rice Crisps, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



Product Description

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

Storage

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

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.

Resources

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

Nutrition Facts

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

Amount Per Serving

Calories 110 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 161mg			7%
Total Carbohydrate 24g			8%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 2g			
Vitamin A 10%		Vitamin C 10%	
Calcium 1%		Iron 15%	

*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

Peanut Butter Rice Treats

Makes about 12 servings

Ingredients

Nonstick cooking spray
 6 cups rice crisps cereal
 2 tablespoons margarine
 ½ 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.

Recipe adapted from Food.com

Crisp Rice Baked Chicken

Makes about 8 servings

Ingredients

Nonstick cooking spray
 4 ½ cups rice crisps cereal
 1 egg, beaten
 ¾ cup 1% milk
 ¾ cup flour
 1 teaspoon poultry seasoning (if you like)
 ½ teaspoon salt
 ¼ 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.

Recipe adapted from Food.com