

## Flour, All-Purpose, Enriched

MyPlate Food Group: **Grain**



### Product Description

- All-purpose flour is made from U.S. No. 2 or better bleached or unbleached ground wheat. It has added niacin, thiamin, riboflavin, iron, and folic acid, and may also have added calcium.

### Storage

- Store unopened packages of all purpose flour in a cool, clean, dry place.
- After opening, keep package tightly closed.
- All purpose flour may be stored in the refrigerator in an air tight container not made from metal.

### Uses and Tips

- Use all-purpose flour to make a variety of baked goods such as muffins, breads, cakes, cookies, and dumplings.
- All-purpose flour can be used as a thickener for soups, sauces, and gravies.

### Nutrition Information

- $\frac{1}{4}$  cup of all-purpose flour 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:  $\frac{1}{4}$  cup (30g) enriched all-purpose flour

Amount Per Serving	
<b>Calories</b>	110
Calories from Fat	0
-% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

\*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

## Basic Cheese Sauce

**Makes about 8 servings**

### Ingredients

- 4 tablespoons margarine
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 cups low-fat milk (or ⅔ cup nonfat dry milk mixed with 2 cups water)
- 1 ½ cups reduced fat cheddar cheese, shredded or American cheese, cut into small pieces

## Directions

1. Melt margarine in a saucepan.
2. Stir in flour and salt and black pepper and mix well until smooth.
3. Remove from heat, and stir in milk, a little at a time, until all the milk has been added.
4. Cook over medium heat, stirring frequently, until boiling and thickened, about 10 minutes.
5. Remove from heat and stir in cheese until melted.

### Tip

Serve this basic sauce over cooked spaghetti or macaroni, or use it as a dipping sauce for vegetables like steamed broccoli or potato wedges.

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

## Cereal Muffins

**Makes about 12 servings**

### Ingredients

- Nonstick cooking spray
- 2 cups bran flakes cereal (or corn flakes cereal)
- ⅓ cup nonfat dry milk
- 1 cup water
- 1 ¼ cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 egg
- ½ cup applesauce
- ⅓ cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine, melted

## Directions

1. Preheat oven to 400 degrees F. Spray a muffin pan with nonstick cooking spray.
2. In a small bowl, combine cereal, milk, and water. Let sit for 5 minutes or until soft.
3. Place flour, baking powder, and salt in a large bowl. Stir in egg, applesauce, brown sugar, cinnamon, margarine, and cereal mixture until well mixed.
4. Spoon batter into muffin cups.
5. Bake for 20 minutes or until muffins are browned and toothpick or fork inserted into the center comes out clean.

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