



Corn Flakes

Fortified-Ready to Eat Cereal

Corn flakes are a ready to eat cereal with no added sweeteners. They are low in fat and are fortified, making them a good source of iron, vitamin A and vitamin C.

Nutrition Information

Corn flakes are a part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on MyPyramid, 1 cup of corn flakes provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains.



Storage

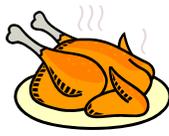
Store corn flakes at room temperature in a dry place. Unopened ready to eat cereals can be stored up to 4 months.

After opening, re-fold the inner wrap to help protect flavor and crispness.

Uses

- ✓ Top corn flakes with cold milk and fresh fruit for a nutritious breakfast.
- ✓ Mix $\frac{1}{2}$ cup of crushed corn flakes and $\frac{1}{4}$ teaspoon of your favorite dried herbs. Sprinkle on top of casseroles before baking.
- ✓ Crushed corn flakes can also be used as a breading when baking.
- ✓ One cup of corn flakes makes $\frac{1}{4}$ to $\frac{1}{3}$ cup of crumbs for recipes that call for crushed cereal or crumbs.

Know how. Know now.



Recipes

Chicken Nuggets and Oven-Fried Chicken Coating Mix

Combine and shake the following ingredients in a plastic zip bag:

1 c. corn flakes, crushed	1 tsp. Italian herb seasoning
1 tsp. chicken bouillon granules	1/8 tsp. pepper
1 tsp. paprika (optional)	1/4 tsp. garlic powder
1/2 tsp. poultry seasoning (optional)	1/4 tsp. onion powder

* 3½ cup corn flakes equal about 1 cup crushed corn flakes

For Chicken Nuggets

5 servings

1 lb. chicken breast, skinless, boneless **1/4 c. low-fat milk**

1. Preheat oven to 425°F. Spray a cookie sheet with non-stick cooking spray.
2. Cut chicken into bite-sized pieces.
3. Pour milk into a small bowl. Dip a few pieces of the chicken into the milk. Shake to remove excess milk. Put into bag with coating mix.
4. Shake and coat each piece evenly.
5. Arrange coated chicken pieces on prepared cookie sheet so that they are not touching.
6. Cook for 12 to 14 minutes.
7. Throw away any left over coating mix.

* *Microwave option: Spray a microwave safe dish with non-stick cooking spray. Follow steps 2-4 and then arrange chicken pieces so they are not touching. Cover with wax paper and cook on high 6 to 8 minutes or until chicken is tender. Rotate chicken pieces twice during cooking time.*

Nutrition Information per Serving: Calories 210, Total Fat 7 g (11% DV), Saturated Fat 2 g (10% DV), Cholesterol 75 mg (26% DV), Sodium 260 mg (11% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 0 g (0% DV), Sugars 1 g, Protein 28 g, Vitamin A 6%, Vitamin C 0%, Calcium 2%, Iron 10%.

For Oven-Fried Chicken

8 servings

8 pieces chicken **1/2 c. low-fat milk**

1. Preheat oven to 350°F. Spray a 9x13-inch pan with non-stick cooking spray.
2. Remove skin from chicken.
3. Pour milk into a small bowl. Dip each piece of chicken in milk. Shake to remove excess milk. Put into bag with coating mix. Shake and coat each piece of chicken evenly.
4. Place on prepared baking pan.
5. Cover with aluminum foil and bake 40 minutes or until the meat can be easily pulled away from the bone with a fork. Drumsticks may need less cooking time than chicken breasts.
6. Throw away any left over coating mix.

Nutrition Information per Serving: Calories 330, Total Fat 20 g (31% DV), Saturated Fat 6 g (28% DV), Cholesterol 140 mg (46% DV), Sodium 260 mg (11% DV), Total Carbohydrate 4 g (1% DV), Dietary Fiber 0 g (0% DV), Sugars 1 g, Protein 31 g, Vitamin A 6%, Vitamin C 0%, Calcium 4%, Iron 15%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>