

# Kellogg's Corn Flakes, 43 Ounce

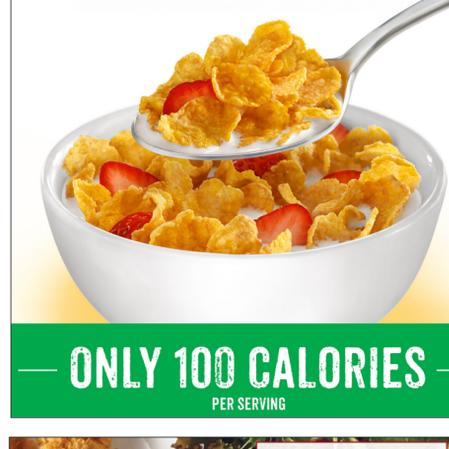
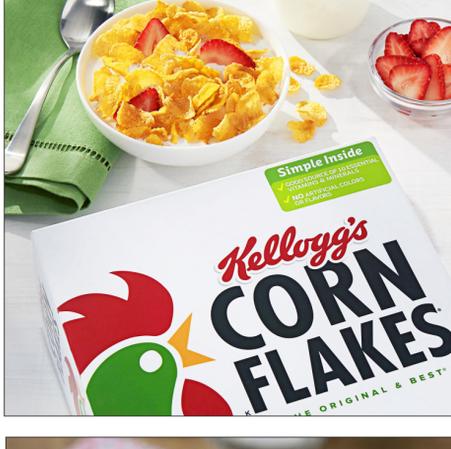
**Kellogg's Corn Flakes Cereal, No Fat, No Cholesterol, for Breakfast, Snacking and Baking, 43 Ounce Box, 36 Total Servings**

## About the product

- America's original corn flakes cereal, created by W.K. Kellogg in 1906
- Crispy, crunchy and delicious oven-toasted corn flakes
- Just 100 calories per serving
- One 43 ounce package contains two stay-fresh bags with approximately 36, 1 cup total servings
- No fat, no cholesterol, fat free, good source of 7 essential vitamins and minerals



Nutrition Facts		(-) Information is currently not available for this nutrient.
Serving Size	1 cup	
Servings Per Container	24.0	
Amount Per Serving		
<b>Calories</b>	<b>100.0 Cal</b>	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**
Calories From Fat	0.0 Cal	
<b>Total Fat</b>	<b>0.0g</b>	** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.
Saturated Fat	0.0 g	
Trans Fat	0.0 g	
Polysaturated Fat	0.0 g	
Monounsaturated Fat	0.0 g	
<b>Cholesterol</b>	<b>0.0 mg</b>	<b>Calories: 2,000 2,500</b>
Sodium	200.0 mg	Total Fat Less than 65g 80g
Potassium	45.0 mg	Sat. Fat Less than 20g 25g
<b>Total Carbohydrate</b>	<b>24.0g</b>	Cholesterol Less than 300mg 350mg
Dietary Fiber	1.0 g	Sodium Less than 2400mg 2400mg
Sugars	3.0 g	Potassium 3500mg 3500mg
<b>Protein</b>	<b>2.0 g</b>	Total Carbohydrate 240g 275g
Vitamin A	10.0	Dietary Fiber 25g 30g
Vitamin C	10.0	
Calcium	0.0	
Iron	45.0	
Vitamin D	10.0	
Thiamin	25.0	
Riboflavin	25.0	
Niacin	25.0	
Vitamin B6	25.0	
Folic Acid	25.0	
Vitamin B12	25.0	



**ONLY 100 CALORIES**  
PER SERVING



**A TRADITION OF SIMPLE GOODNESS**  
More than 100 years ago, Kellogg recognized the possibilities in a simple grain. And with the simple goodness of our toasted corn flakes, breakfast cereal was born. We've been making Kellogg's Corn Flakes® with the same simple recipe ever since.

**Kellogg's CORN FLAKES® CRISPY CHICKEN TENDERS**  
A simple, family favorite - strips of chicken breast coated with Kellogg's Corn Flakes®

**INGREDIENTS**  
5 cups Kellogg's Corn Flakes® Cereal, crushed to desired consistency  
1 to 1 1/2 pounds chicken tenders, rinsed

**DIRECTIONS**  
1. Rinse chicken tenders with cold water and coat with crushed Kellogg's Corn Flakes® Cereal. Place coated tenders on foil-lined baking sheet.  
2. Bake at 350°F for about 25 minutes or until chicken is tender, no longer pink and juices run clear. For food safety, internal temperature of chicken should reach at least 165°F. Serve warm with your favorite dipping sauce.

## Product Description

For more than 100 years, Kellogg's Corn Flakes cereal has been a great way to start the day and make great meals.

You've heard that breakfast is the most important meal of the day and a good breakfast cereal every morning assists with maintaining a healthy weight, helps ensure daily proper nutrition, and helps kids concentrate better in school.

Since 1906, Kellogg's has provided delicious, nutritious, ready-to-eat cereals to help families start their morning right. Kellogg's Corn Flakes Cereal is fortified with essential vitamins and minerals and is very low in fat. These delicious, oven-toasted corn flakes make an easy and delicious breakfast to satisfy the entire family. Serve your Kellogg's Corn Flakes with milk and top with fruit for even more nutrition. Lactose-intolerant individuals can try Kellogg's Corn Flakes with calcium-enriched soy milk, rice milk, coconut milk, or other plant-based milk substitute products.

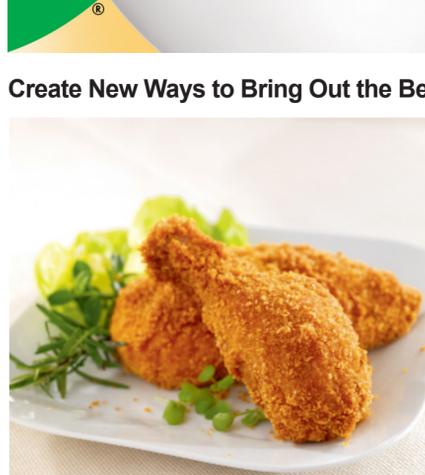
Kellogg's Corn Flakes Cereal is great for baking too. From corn flake crusted chicken and fish to yummy corn flake cookies, Kellogg's Corn Flakes Cereal is a true American original.

## From The Manufacturer

## Every Bite Is Just As Delicious As The First



## Create New Ways to Bring Out the Best in Kellogg's



### Double-Coated Chicken with Corn Flakes Cereal

Measure 7 cups of crushed Kellogg's Corn Flakes cereal into shallow dish or pan. Set aside. In medium mixing bowl, beat 1 egg with 1 cup fat-free milk. Add 1 cup all-purpose flour, ½ teaspoon salt and ¼ teaspoon pepper. Mix until smooth. Rinse and dry 3 pounds of chicken pieces. Dip chicken in batter. Coat with cereal. Place in single layer, skin-side up, in shallow baking pan coated with cooking spray or lined with foil. Drizzle chicken with 3 tablespoons of melted margarine. Bake at 350 degrees about 1 hour or until chicken is tender, no longer pink and juices run clear. For food safety, internal temperature of the chicken should reach at least 165 degrees. Do not cover pan or turn chicken while baking. Serve hot.\*

### Corn Flakes Cherry Dot Cookies

In a mixing bowl, stir together 2¼ cups all-purpose flour, 2 teaspoons baking powder and ½ teaspoon salt. Set aside. In large electric mixer bowl, beat ¾ cup softened butter or margarine and 1 cup sugar until light and fluffy. Add 2 large eggs. Beat well. Stir in 2 tablespoons fat-free milk and 1 teaspoon vanilla. Add flour mixture, combining thoroughly. Stir in 1 cup chopped nuts, mixed, 1 cup finely chopped, pitted dates and ½ cup finely chopped maraschino cherries. Shape into balls. Roll in 2½ cups of crushed Kellogg's Corn Flakes cereal. Place about 2 inches apart on baking sheets coated with cooking spray. Cut 15 maraschino cherries into quarters. Top each cookie with cherry quarter. Bake at 350 degrees for about 10 minutes. Remove immediately from baking sheets and cool on wire racks.\*



### Southwest Stuffed Pepper made with Corn Flakes

Wash 6 large green bell peppers. Cut off tops and remove seedy portions. Pre-cook in boiling water about 5 minutes. Drain well. Place peppers, cut side up, in shallow baking pan coated with cooking spray. Set aside. In 12-inch fry pan, cook 1-pound lean ground beef and 1 medium onion until meat is browned. Drain off drippings. Add 2 cups Kellogg's Corn Flakes cereal, ½ teaspoon minced garlic, 2 teaspoons chili powder, 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon sugar, 1 can sliced and drained ripe olives, 1 can tomato paste and 1 can whole peeled tomatoes, drained. Stir to combine, cutting tomatoes into pieces with spoon. Remove from heat. Spoon into peppers, dividing evenly. Bake at 350 degrees about 25 minutes. Remove from oven. Sprinkle pepper tops with ½ cup shredded, sharp cheddar cheese, dividing equally. Return to oven. Bake about 5 minutes longer or until cheese melts. Serve hot.\*

### Salmon with Corn Flakes and Almond Topping

Coarsely crush ½ cup Kellogg's Corn Flakes cereal. In a small bowl, combine ¼ cup chopped almonds, ¼ cup softened butter, ¼ cup snipped fresh basil, 2 tablespoons grated Parmesan cheese, 1 teaspoon grated lemon peel, 2 minced garlic cloves, and ¼ teaspoon pepper; stir in cereal. Rinse 4 salmon fillets, skinned (about 6 oz each) and pat dry. Measure thickness of fish. Place fish on greased rack of a broiler pan. Spoon cereal mixture on top of fillets; pat gently to spread. Bake at 400 degrees for 4-6 minutes per ½-inch thickness or until fish flakes easily with a fork. For food safety, the internal temperature of the fish should be a minimum of 145 degrees. Serve each piece of fish over steamed spinach, if desired.\*

\*Visit Kelloggfamilyrewards.com for more recipes and recipe nutritional information.

## Every Bowl Has A Story



## Kellogg's Believes in Breakfast

More than 100 years ago, W.K. Kellogg, and his brother, Dr. John Harvey Kellogg, changed breakfast forever when they accidentally flaked wheat berry. W.K. kept experimenting until he flaked corn, and created the delicious recipe for Kellogg's Corn Flakes. The Kellogg's brand has meant breakfast to America ever since.

At Kellogg's, we passionately believe in the power and promise that comes from eating the right breakfast. One great way to start the day right and enjoy the benefits of breakfast is with cereal. Kellogg's cereals are a great choice for breakfast because many of our cereals are filled with the goodness of grains. And best of all, Kellogg's cereals are quick to prepare, easy to eat on the go, and provide endless ideas for fun, delicious recipes — even for the busiest of families.

See you at breakfast!

## Morning, Noon, or Night



## Never Run Out

Morning, noon or night you won't want to miss out on all these classic family favorites. Popular with both kids and adults, they're classic travel favorites for backpacking, lunchboxes, car trips, TV time or anytime snacking.

