

Fruit and Rice Dessert

Fruit

Desserts

B-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular	6 oz	¾ cup	12 oz	1 ½ cups	<ol style="list-style-type: none"> Place rice and water in pan (9" x 13" x 2"). Cover with foil. Bake: Conventional oven: 350° F for 25 minutes Refrigerate to cool for 1 hour. In a bowl, combine peaches, marshmallows, powdered sugar, salt, and whipped topping or yogurt. Add rice to this mixture and stir to blend. Spread 2 lb 11 oz (1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. CCP: Refrigerate within 1 hour of removing from heat. Hold at 40° F or colder. Refrigerate until ready to serve. Portion with No. 8 scoop (½ cup).
Water		1 ¾ cups		3 ½ cups	
Canned diced cling peaches, drained	3 lb 10 oz	1 qt 3 cups	7 lb 4 oz	3 qt 2 cups	
Miniature marshmallows	2 oz	1 ½ cups	4 oz	3 cups	
Powdered sugar	2 oz	½ cup	4 oz	1 cup	
Salt		¼ tsp		½ tsp	
Whipped topping OR	6 oz OR	3 cups OR	12 oz OR	1 qt 2 cups OR	
Lowfat vanilla yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ¼ cup of fruit.	25 Servings: 5 lb 6 oz	25 Servings: 3 quarts 1 cup 2 pans
	50 Servings: 10 lb 12 oz	50 Servings: 1 gallon 2 ½ quarts 4 pans
	Edited 2014	

Fruit and Rice Dessert

Fruit

Desserts

B-09

Special Tip:
For variety, substitute any combination in equal volume of drained fruit, using fruit cocktail, pitted cherries, fresh grape halves, or mandarin oranges for the peaches.

Nutrients Per Serving					
Calories	81	Saturated Fat	0.02 g	Iron	0.47 mg
Protein	1.49 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	19.07 g	Vitamin A	387 IU	Sodium	47 mg
Total Fat	0.08 g	Vitamin C	2.4 mg	Dietary Fiber	1.5 g