

# Fruit and Rice Dessert

Fruit

Desserts

B-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
White rice	6 oz	3/4 cup	12 oz	1 1/2 cups	1. Place rice and water in a half-steamtable pan (12" x 10" x 2"). Cover with foil. 2. To Steam: Compartment Steamer: 25 minutes To Bake: Conventional Oven: 350 degrees F, 25 minutes Steam or bake until tender. Set aside to cool for 1 hour.
Water		1 3/4 cups		3 1/2 cups	
Canned cling peaches, diced, drained	3 lb 10 oz	1 qt 3 cups	7 lb 4 oz	3 qt 2 cups	3. In a bowl, combine peaches, marshmallows, sugar, salt, and whipped topping or yogurt. Add rice to this mixture to stir to blend. 4. Chill 1 hour to soften marshmallows. Refrigerate until ready to serve.
Miniature marshmallows		1 1/2 cups	4 oz	3 cups	
Powdered sugar		1/2 cup	4 oz	1 cup	
Salt		1/4 tsp		1/2 tsp	
Whipped topping OR	6 oz	3 cups	12 oz	1 qt 2 cups	
Lowfat vanilla yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/4 cup of fruit	<b>25 Servings:</b> 5 lb 6 oz	<b>25 Servings:</b> 3 qt 1 cup
	<b>50 Servings:</b> 10 lb 12 oz	<b>50 Servings:</b> 1 gal 2 qt 2 cups

Special Tip:  
For variety, substitute any combination of fruit cocktail, cherries, fresh grape halves, and mandarin oranges for the peaches.

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## Nutrients Per Serving

<b>Calories</b>	93	<b>Saturated Fat</b>	.8 g	<b>Iron</b>	.5 mg
<b>Protein</b>	1 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	9 mg
<b>Carbohydrate</b>	21 g	<b>Vitamin A</b>	39 RE/389 IU	<b>Sodium</b>	33 mg
<b>Total Fat</b>	1.0 g	<b>Vitamin C</b>	2 mg	<b>Dietary Fiber</b>	1 g