

# Fruit and Rice Dessert

Meal Components: Fruits

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"> <li>Place rice and water in pan (9" x 13" x 2"). Cover with foil.</li> <li>Bake: Conventional oven: 350° F for 25 minutes Refrigerate to cool for 1 hour.</li> <li>In a bowl, combine peaches, marshmallows, powdered sugar, salt, and whipped topping or yogurt. Add rice to this mixture and stir to blend.</li> <li>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.</li> </ol>
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	6 oz	3 cups	12 oz	1 qt 2 cups	
OR	OR	OR	OR	OR	

5. 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).

### Notes

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.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides ¼ cup of fruit	<b>25 Servings:</b> 5 lb 6 oz	<b>25 Servings:</b> 3 quarts 1 cup 2 pans
	<b>50 Servings:</b> 10 lb 12 oz	<b>50 Servings:</b> 1 gallon 2 ½ quarts 4 pans

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**Nutrients Per Serving**

Calories	81	Saturated Fat		Calcium	21 mg
Protein	1 g	Cholesterol		Sodium	47 mg
Carbohydrate	19 g	Vitamin A	387 IU	Dietary Fiber	2 g
Total Fat		Iron			