

# Rice Pudding

Desserts

C-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth.
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	
Sugar	10 ½ oz	1 ½ cups	1 lb 5 oz	3 cups	
Salt		1 tsp		2 tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	14 oz	1 ⅔ cups	1 lb 12 oz	3 ⅓ cups	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
					2. Cook over medium heat, stirring frequently, for 20-30 minutes until mixture begins to thicken and just boils.
Vanilla		2 Tbsp		¼ cup	3. Immediately turn off heat. Stir in vanilla. For cooked rice, use Cooking Rice recipe (see B-03). Add rice and raisins (optional).
*Cooked enriched white rice	2 lb 11 oz	1 qt 2 ¾ cups	5 lb 6 oz	3 qt 1 ½ cup	
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt	
					4. Pour rice mixture into serving pans. Cover with plastic wrap to prevent the formation of surface film. Serve HOT. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until served.
					5. Portion with No. 16 scoop (¼ cup). If desired, sprinkle with ground cinnamon.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
White rice	1 lb	2 lb

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**SERVING:**

¼ cup (No. 16 scoop).  
For Enhanced Meal Pattern only: 1 portion provides  
¼ serving of grains/breads.

**YIELD:**

**50 Servings:** 9 lb 4 oz

**100 Servings:** 18 lb 8 oz

Tested 2004

**VOLUME:**

**50 Servings:** about 3 quarts ½ cup

**100 Servings:** about 1 gallon 2 ¼ quarts

Special Tip:

For 50 servings, use 4 oz (1 ⅓ cups) dried whole eggs and 1 ⅓ cups water in place of eggs.

For 100 servings, use 8 oz (2 ⅔ cups) dried whole eggs and 2 ⅔ cups water in place of eggs.

**Nutrients Per Serving**

<b>Calories</b>	94	<b>Saturated Fat</b>	0.29 g	<b>Iron</b>	0.42 mg
<b>Protein</b>	3.73 g	<b>Cholesterol</b>	35 mg	<b>Calcium</b>	82 mg
<b>Carbohydrate</b>	17.49 g	<b>Vitamin A</b>	53 IU	<b>Sodium</b>	115 mg
<b>Total Fat</b>	0.90 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	0.1 g