



Rice Pudding





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Recipe Items:	1 Portion	5 Portions
PE Brown Rice (PE#21765)	#10 scoop (95 gm)	475 gm (16.75 oz)
Powdered Sugar	5 mL (1 tsp)	25 mL (1 Fl oz)
Milk, 2%	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
Lyons Cinnamon Dessert Sauce	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Mix a #10 Scoop (95 gm) of PE Brown Rice with 1 tsp (5 ml) of powdered sugar and 1 Tbsp (15 ml) of 2% milk.

Transfer mixture to a service bowl.



3. Finish dish by drizzling 1 Tbsp (15 ml) of Lyons Cinnamon Dessert Sauce over the top.



Variations: garnish with a spoon of whipped cream and a light sprinkle of cinnamon powder for presentation. Variations to ingredients are not included in nutritional analysis.

Nutrition Facts		Valeur nutritive	
Per 1 each (128g) / par 1 each (128g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	140		
Fat / Lipides	3.5g		5%
Saturated / satures	1g		
+ Trans / trans	0g		6%
Cholesterol / Cholesterol	< 5mg		
Sodium / Sodium	75mg		3%
Carbohydrate / Glucides	25g		8%
Fibre / Fibres	less than 1g		4%
Sugars / Sucres	12g		
Protein / Proteines	2g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			2%
Iron / Fer			2%

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.



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