

Orange Rice Pudding

Courtesy of "A Tool Kit for Healthy School Meals" USDA, Nutrition & Technical Svcs. Div.

| Ingredients | 50 servings | | 100 servings | | For ___ Servings | Directions |
|-------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------------------------------------|-------------------------------------|--------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | | |
| White long-grain rice Water | 2 lb | 1 qt 1/2 cup 2 qt 1 cup | 4 lb | 2 qt 1 cup 1 gal 2 cups | | <ol style="list-style-type: none"> Place 2 lb rice and 5 cups water in each 12"x20"x2-1/2" steamtable pan. Cover with foil or metal lid and bake or steam: Conventional Oven - 350° F, 35 minutes Convection Oven - 325° F, 25 minutes Steamer - 20 minutes, until tender. Set aside to cool at least 1 hour. |
| Sugar Lowfat milk Orange rind, grated Ground cinnamon Vanilla California raisins | 14 oz 6 oz | 2 cups 2 qt 1/4 cup 2 Tbsp 1/2 tsp 2 Tbsp 1 cup | 1 lb 12 oz 12 oz | 1 qt 1 gal 3/4 cup 1 tsp 1/4 cup 2 cups | | <ol style="list-style-type: none"> Mix sugar, milk, orange rind, cinnamon, vanilla and raisins in large mixing bowl. Pour 2 qt 3 cups (3 lb 6 oz) of this mixture over each pan of cooled rice. Cover each pan with foil or metal lid. Bake until set: Conventional Oven - 375° F, 55 minutes Convection Oven - 350° F, 45 minutes. Serve hot or cool to 70° F within 2 hours and to 41° F within 4 hours. Refrigerate at <40° F 2 to 3 hours or until ready to serve. |

Special Tips: Rice may be cooked a day ahead.

Serving: 1/4 cup.

Nutrients Per Serving

| | | | | | |
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| Calories | 120 | Total Fat | 0.5 g | Vitamin C | 1 mg |
| Protein | 3 g | Saturated Fat | 0.3 g | Calcium | 55 mg |
| Carbohydrate | 26 g | Cholesterol | 1.5 mg | Iron | 0.8 mg |
| Dietary Fiber | 0 g | Vitamin A | 23 RE/ 83 IU | Sodium | 22 mg |