

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 021 00**  
**FLUFFY PINEAPPLE RICE CUP**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	22 g	2 g	6 g	0 mg	56 mg	22 mg

**Ingredient**

WATER,COLD  
 RICE, LONG GRAIN  
 SALT  
 OIL,SALAD  
 PINEAPPLE,CANNED,CRUSHED  
 CHERRIES,MARASCHINO,CHOPPED,DRAINED  
 RESERVED LIQUID  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA  
 MARSHMALLOWS,MINIATURE  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

3-1/8 lbs  
 1-1/4 lbs  
 1/4 oz  
 1/2 oz  
 6-5/8 lbs  
 8-7/8 oz  
 3-7/8 lbs  
 2 lbs  
 3-1/4 oz  
 1-7/8 oz  
 1-1/4 lbs  
 1 lbs

**Measure**

1 qts 2 cup  
 3 cup  
 1/8 tsp  
 1 tbsp  
 3 qts  
 1 cup  
 1 qts 3-1/2 cup  
 2 gal 3-1/4 qts  
 1-3/8 cup  
 1/4 cup 1/3 tbsp  
 2 qts 3 cup  
 1 qts 1 cup

**Issue**

**Method**

- 1 Combine water, rice, salt and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat and refrigerate for use in Step 5.
- 4 Drain pineapple; reserve juice for use in Step 6.
- 5 Combine rice, pineapple and cherries. Refrigerate for use in Step 7.
- 6 Pour reserved juice and water into mixer bowl; add topping, milk and vanilla. Using whip at low speed, whip 3 minutes or until thoroughly blended. Scrape down bowl. Whip at high speed 5 to 10 minutes or until stiff peaks form.
- 7 Combine rice mixture and marshmallows and coconut. Mix thoroughly. Fold in whipped topping. Mix lightly.
- 8 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.