



Recipe Report

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Fruit and Marshmallow Cream

Category: 07 Dessert/Fruit:07 Dessert/Fruit

Yield: 45

Master Ref:

Portion: 1/2 cup

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
100 kcal	19 gm	1 gm	3.0 gm	26%	0 mg	90 mg	1 gm	11 mg

Step	Ingredients	Amount	Method
1	Peaches,Canned,Sliced,Juice Pack,Drained Pineapple,Canned,Tidbit,Juice Pack Oranges,Mandarin,Canned,Drained Banana,Fresh,Medium,Chopped Topping,Whipped,Mix Water	1-1/8 qt 1-1/8 qt 1-1/8 qt 1-1/8 qt 4-1/2 oz 4-1/2 oz	Drain all fruit and chop bananas. Prepare whipped topping according to package directions.
2	Marshmallows,Miniature,White Salt Pecan Pieces,Fancy,Medium	13-1/2 oz 1-1/2 tsp 1-1/8 cup	Mix marshmallows, topping, salt and all fruit together. Add pecans if desired. Refrigerate overnight.
3			Hold for service at 41 degrees or lower.(CCP)
4			After service, chill one time to 41 degrees or lower if held less than 2 hours above 41 degrees.(CCP) If product has been held for longer than 2 hours above 41 degrees, discard.
5			MODIFICATIONS: Diabetic: Use unsweetened fruit. 1/2 cup = 1 Fruit Exchange Dental/Mechanical Soft: Omit nuts. Dysphagia: Serve pureed. Omit nuts. Finger Foods: Not allowed. Sodium-Restricted: Omit salt. Soft/Bland: Omit nuts. Puree: Omit nuts. Place required number of portions of fruit in food processor bowl. Do not add liquid. Process for 30-45 seconds or until texture is smooth; scrape down sides of food processor bowl. Check texture and consistency; add thickener, if needed, to make consistency of pudding or mashed potatoes. If thickener is added, process for 1 minute longer or until completely smooth. Scrape down sides of bowl to obtain all of product. Place in steam table pan or other container and chill to serving temperature. May chill overnight. Hold over ice for serving for palatability.