

Pumpkin Fluff

NO IMAGE

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING MIX VAN INST	2 Package		106666
PUMPKIN FCY	4 Pound	A little more than half the can	186244
SPICE PUMPKIN PIE	2 Tablespoon		514195
TOPPING WHIP PRE-WHIPPED	1 1/2 Quart	3 Tubs	313165
CRUMB CRACKER GRAHAM	6 1/4 Cup		109568
1 % White Milk	1 Gallon		

Preparation Instructions

Mix instant pudding and milk together until slightly thickened. Add pumpkin and pumpkin pie spice and mix. Then fold in whipped topping.

Place 1 tablespoon of graham cracker crumb on a bottom of a 5.5 oz cup.

Using a #10 scoop portion the pumpkin mixture on top.

Service with a dollop of whipped topping.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.040
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	104.83
Fat	2.06g
Saturated Fat	1.15g
Trans Fat	0.01g
Cholesterol	2.40mg
Sodium	175.76mg
Carbohydrates	19.58g
Fiber	0.49g
Total Sugar	13.18g
Added Sugar	11.10g
Protein	1.91g
Vitamin A 1.60mcg RAE	Vitamin C 0.32mg
Calcium 72.42mg	Iron 0.44mg

Nutrition - Per 100g

Calories	577.92
Fat	11.37g
Saturated Fat	6.35g
Trans Fat	0.05g
Cholesterol	13.23mg
Sodium	968.93mg
Carbohydrates	107.95g
Fiber	2.70g
Total Sugar	72.66g
Added Sugar	61.20g
Protein	10.52g
Vitamin A 8.82mcg RAE	Vitamin C 1.76mg
Calcium 399.20mg	Iron 2.41mg