



Cranberry Frost

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- 1 apples cored peeled chopped
- 0.5 cup cranberries chopped
- 8 ounce cream cheese softened
- 0.5 cup dates chopped
- 0.5 cup heavy whipping cream
- 2 large oranges
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

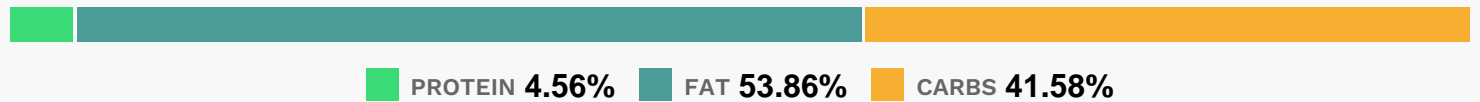
Equipment

- mixing bowl
- loaf pan

Directions

- In a mixing bowl, combine cranberries and sugar and let stand 10 minutes. Meanwhile, peel and section 1 orange. Finely chop orange sections; set aside. Squeeze remaining orange to make total of 1/3 cup juice.
- Combine the 1/3 cup orange juice, cream cheese, and vanilla. Beat until fluffy. Stir in orange sections, cranberries, apple and dates.
- Whip cream until soft peaks form. Fold cream into cream cheese mixture.
- Turn mixture into a 5-cup mold, 8x4x2 inch loaf pan, or into about 10 to 12 paper lined muffin pans. Cover and freeze until firm.
- To serve, let stand at room temperature for 10 minutes. Unmold or peel off paper and garnish with orange sections.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:12.34, Inflammation Score:-6, Nutrition Score:5.5365216939346%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 245.56kcal (12.28%), Fat: 15.29g (23.52%), Saturated Fat: 9.16g (57.28%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 23.95g (8.71%), Sugar: 22.64g (25.15%), Cholesterol: 45.44mg (15.15%), Sodium: 93.7mg (4.07%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 2.91g (5.82%), Vitamin C: 26.52mg (32.14%), Vitamin A: 719.85IU (14.4%), Fiber: 2.61g (10.44%), Vitamin B2: 0.13mg (7.46%), Potassium: 225.33mg (6.44%), Calcium: 61.3mg (6.13%), Phosphorus: 54.32mg (5.43%), Selenium: 3.45µg (4.92%), Folate: 19.44µg (4.86%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.59mg (3.94%), Vitamin B1: 0.06mg (3.93%), Vitamin B6: 0.08mg (3.84%), Manganese: 0.07mg (3.54%), Magnesium: 13.72mg (3.43%), Copper: 0.06mg (2.85%), Vitamin K: 2.13µg (2.03%), Zinc: 0.25mg (1.68%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.31mg (1.55%), Vitamin B12: 0.09µg (1.44%), Iron: 0.23mg (1.29%)