



## Cranberry-Orange Dream

READY IN



280 min.

SERVINGS



18

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter melted
- 6 ounce cherry gelatin
- 0.5 teaspoon cinnamon
- 8 ounce cream cheese softened
- 1.5 cups graham cracker crumbs
- 11 ounce mandarin orange segments drained canned
- 8 ounce pineapple crushed drained canned
- 0.3 cup sugar divided
- 1.5 cups water cold

- 8 ounce non-dairy whipped topping thawed
- 16 ounce roasted cranberry sauce whole canned

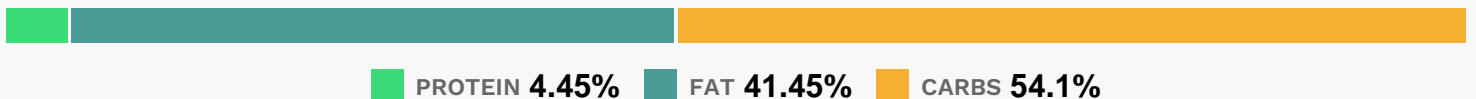
## Equipment

- bowl
- whisk

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add cranberry sauce; stir until melted. Stir in cold water and cinnamon. Refrigerate 1-1/4 hours or until slightly thickened.
- Meanwhile, mix graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.
- Beat cream cheese and remaining 2 Tbsp. sugar in large bowl with whisk until well blended. Stir in 3 cups COOL WHIP, add drained pineapple.
- Spread over crust. Stir oranges into gelatin mixture; pour over cream cheese layer.
- Refrigerate 3 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:12.12, Glycemic Load:6.74, Inflammation Score:-4, Nutrition Score:3.0826087049816%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 250.98kcal (12.55%), Fat: 11.88g (18.27%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 33.85g (12.31%), Sugar: 27.61g (30.68%), Cholesterol: 12.98mg (4.33%), Sodium: 201.01mg

(8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin A: 539.12IU (10.78%), Vitamin C: 6.08mg (7.37%), Phosphorus: 57.11mg (5.71%), Vitamin B2: 0.08mg (4.59%), Vitamin E: 0.64mg (4.26%), Fiber: 1.02g (4.08%), Calcium: 39.23mg (3.92%), Vitamin B1: 0.05mg (3.27%), Selenium: 2.21µg (3.15%), Magnesium: 11.23mg (2.81%), Iron: 0.5mg (2.77%), Potassium: 96.79mg (2.77%), Copper: 0.05mg (2.38%), Vitamin B6: 0.04mg (2.19%), Folate: 8.74µg (2.18%), Vitamin B3: 0.42mg (2.09%), Manganese: 0.03mg (1.71%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.12mg (1.16%), Vitamin K: 1.13µg (1.07%)