



Cranberry-Orange Trifle

 Gluten Free

READY IN



265 min.

SERVINGS



25

CALORIES



88 kcal

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups milk fat-free cold
- 0.5 tsp ground cinnamon
- 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- 0.6 oz jell-o cranberry flavor gelatin sugar free
- 13.6 oz round cake fat-free prepared cut into 1/2-inch cubes
- 1 cup water cold
- 2 cups water boiling
- 8 oz cool whip lite whipped topping thawed

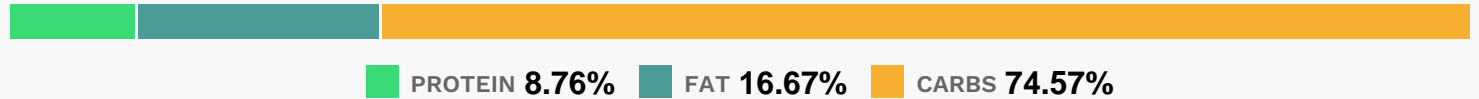
Equipment

- bowl
- frying pan
- whisk

Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in cold water.
- Pour into 13x9-inch pan. Refrigerate 3 hours or until firm.
- Cut into 1/2-inch cubes.
- Beat pudding mixes, cinnamon and milk in large bowl with whisk 2 min.
- Let stand 5 min. or until thickened. Stir in COOL WHIP.
- Remove 1 cup gelatin cubes; set aside.
- Layer half each of the remaining gelatin cubes, cake cubes, oranges and pudding in 3-qt. serving bowl. Repeat layers; top with reserved gelatin cubes. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.4317391385203%

Nutrients (% of daily need)

Calories: 87.77kcal (4.39%), Fat: 1.64g (2.52%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 16.19g (5.89%), Sugar: 12.21g (13.56%), Cholesterol: 16.5mg (5.5%), Sodium: 130.27mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 4.23mg (5.13%), Phosphorus: 51.22mg (5.12%), Vitamin B2: 0.08mg (4.69%), Vitamin A: 234.26IU (4.69%), Calcium: 46.11mg (4.61%), Vitamin B1: 0.06mg (4.08%), Selenium: 2.13µg (3.04%), Vitamin B12: 0.17µg (2.81%), Iron: 0.47mg (2.61%), Folate: 8.56µg (2.14%), Potassium: 74.85mg (2.14%), Manganese: 0.04mg (2.12%), Vitamin B3: 0.39mg (1.93%), Vitamin D: 0.25µg (1.64%), Zinc: 0.25mg (1.64%), Magnesium: 6.38mg (1.6%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.03mg (1.33%), Copper: 0.02mg (1.1%), Fiber: 0.27g (1.07%)