



Creamy Cranberry Dessert

READY IN



335 min.

SERVINGS



35

CALORIES



65 kcal

Ingredients

- 1 cup cranberry juice cocktail cold
- 1 pkg jell-o cranberry flavor gelatin (8-serving size)
- 10 vanilla creme-filled pirouette cookies cut in half
- 2 cups water boiling
- 8 oz cool whip whipped topping thawed
- 16 oz berry cranberry sauce whole canned

Equipment

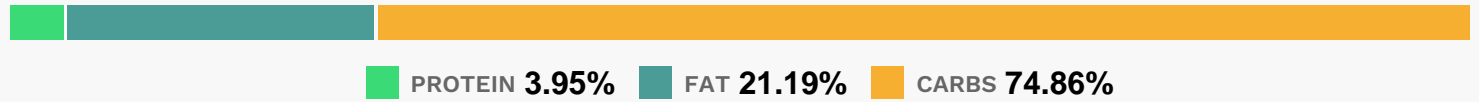
- bowl
- whisk

loaf pan

Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in juice. Refrigerate 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites).
- Add 2 cups of the whipped topping; stir with wire whisk until well blended. Stir in cranberry sauce.
- Pour into 9x5-inch loaf pan. Refrigerate 4 hours or until firm.
- Unmold dessert onto serving plate. Frost with the remaining whipped topping. Press cookies vertically into sides of dessert. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.71, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:0.71913042923679%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 64.84kcal (3.24%), Fat: 1.56g (2.4%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 12.22g (4.44%), Sugar: 9.95g (11.05%), Cholesterol: 0.13mg (0.04%), Sodium: 30.75mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin C: 3.19mg (3.86%), Vitamin E: 0.22mg (1.49%), Phosphorus: 11.38mg (1.14%), Manganese: 0.02mg (1.08%), Vitamin B2: 0.02mg (1.05%)