



Creamy Frozen Orange Squares

READY IN



270 min.

SERVINGS



12

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup blanched almonds and coarsely chopped
- ☐ 5 tablespoons butter
- ☐ 2 cups vanilla wafers crushed finely
- ☐ 5 cups whipped cream softened (from)
- ☐ 5 cups pineapple sherbet softened (from 3 pints)
- ☐ 1 cup whipping cream
- ☐ 1 serving orange zest

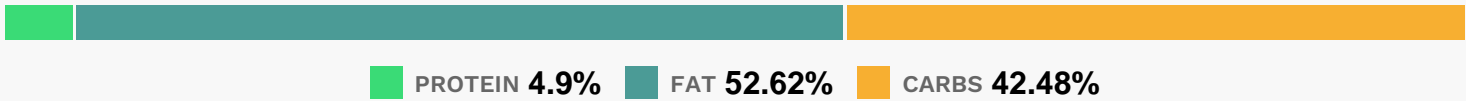
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium skillet, toast almonds over medium heat 2 minutes, stirring occasionally, until light golden brown. Immediately remove from heat; reserve 2 tablespoons for topping.
- ☐ Add butter to remaining almonds in skillet; stir until butter is melted.
- ☐ Add cookie crumbs; mix well. Press mixture in bottom of ungreased 13x9-inch pan. Cool completely, about 10 minutes.
- ☐ In large bowl, stir ice cream and sherbet until partially blended. Spoon over cooled crust; smooth top. Cover; freeze until firm, at least 4 hours.
- ☐ To serve, cut dessert into squares; place on individual dessert plates.
- ☐ Garnish each with whipped cream, reserved toasted almonds and orange curl.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:26.96, Inflammation Score:-5, Nutrition Score:7.1800000097441%

Nutrients (% of daily need)

Calories: 438.55kcal (21.93%), Fat: 26.01g (40.02%), Saturated Fat: 13.33g (83.31%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 45g (16.37%), Sugar: 33.34g (37.05%), Cholesterol: 59.95mg (19.98%), Sodium: 190.28mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin B2: 0.32mg (19.03%), Vitamin E: 2.14mg (14.27%), Vitamin A: 701.93IU (14.04%), Phosphorus: 136.63mg (13.66%), Calcium: 136.19mg (13.62%), Vitamin B1: 0.13mg (8.99%), Fiber: 2.24g (8.95%), Magnesium: 32.97mg (8.24%), Potassium: 252.18mg (7.21%), Manganese: 0.14mg (6.94%), Folate: 26.02µg (6.51%), Zinc: 0.94mg (6.25%), Vitamin B12: 0.34µg (5.61%), Vitamin B5: 0.54mg (5.41%), Copper: 0.1mg (5.22%), Vitamin B3: 0.85mg (4.23%), Selenium: 2.8µg (4%), Vitamin C: 3.23mg (3.91%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.43µg (2.85%), Iron: 0.39mg (2.18%), Vitamin K: 1.21µg (1.15%)