

Creamy Orange Fluff

 Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 22 ounces mandarin oranges drained canned
- 8 ounces pineapple crushed undrained canned
- 8 ounces cream cheese softened
- 3.4 ounces vanilla pudding instant
- 1 cup milk cold
- 6 ounces orange gelatin
- 6 ounces orange juice concentrate frozen thawed canned
- 2.5 cups water boiling

Equipment

bowl

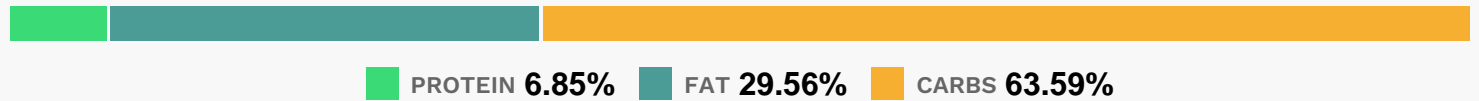
Directions

In a large bowl, dissolve gelatin in boiling water. Stir in oranges, pineapple and orange juice concentrate. Coat a 13-in. x 9-in. dish with cooking spray; add gelatin mixture. Chill until firm.

In a large bowl, beat cream cheese until smooth. Gradually add milk and pudding mix; beat until smooth.

Spread over orange layer. Chill until firm.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:4.8591303993826%

Nutrients (% of daily need)

Calories: 161.15kcal (8.06%), Fat: 5.45g (8.38%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 25.57g (9.3%), Sugar: 23.59g (26.21%), Cholesterol: 16.15mg (5.38%), Sodium: 142.78mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 29.96mg (36.32%), Vitamin A: 773.88IU (15.48%), Vitamin B1: 0.09mg (6.01%), Phosphorus: 57.44mg (5.74%), Vitamin B2: 0.09mg (5.44%), Potassium: 180.99mg (5.17%), Calcium: 45.22mg (4.52%), Vitamin B6: 0.07mg (3.62%), Selenium: 2.53µg (3.61%), Magnesium: 13.82mg (3.46%), Fiber: 0.79g (3.18%), Folate: 12.44µg (3.11%), Copper: 0.06mg (2.99%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.11µg (1.89%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.25mg (1.7%), Iron: 0.21mg (1.19%), Vitamin D: 0.17µg (1.12%)