



WHATSheATE



Easy Orange-Cranberry Dessert



Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 11 ounces mandarin orange segents drained canned
- ☐ 2 cups milk
- ☐ 0.3 cup orange juice orange-flavored
- ☐ 10.8 ounces round cake frozen thawed
- ☐ 1 tablespoon powdered sugar
- ☐ 1 cup raspberries fresh
- ☐ 12 servings raspberries fresh
- ☐ 3 ounces vanilla pudding instant (not)

- ☐ 1 cup whipping cream (heavy)
- ☐ 0.8 cup roasted cranberry sauce frozen thawed (from 12-ounce container)

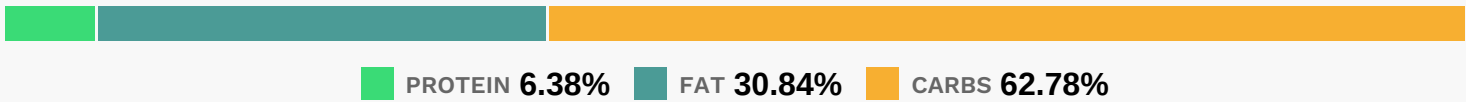
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Mix pudding mix and milk in 2-quart sauce-pan.
- ☐ Heat to boiling over medium heat, stirring constantly; remove from heat.
- ☐ Place plastic wrap directly on pudding. Refrigerate 2 hours or until completely cooled.
- ☐ Beat whipping cream in chilled small bowl with electric mixer on high speed until soft peaks form.
- ☐ Add powdered sugar; beat until stiff peaks form. Fold 1/2 cup of the whipped cream into the pudding.
- ☐ Cut pound cake into 1/2-inch slices; cut each slice crosswise in half. Arrange about one-third of the cake pieces in bottom of bowl with slanted side, or arrange one-half of the cake pieces in bottom of bowl with straight side.
- ☐ Sprinkle with 2tablespoons of the liqueur.
- ☐ Spread about one-third or one-half of the cranberry-orange sauce over cake pieces. Top with half each of the raspberries and orange segments. Spoon 1 cup of the pudding mixture over fruit. Repeat layers withremaining cake, liqueur, cranberry-orange sauce, raspberries, orange segments and pudding mixture. Top with remaining whipped cream. Refrigerate 1 hour before serving.
- ☐ Garnish with additional raspberries.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:9.8039130335269%

Flavonoids

Cyanidin: 32.06mg, Cyanidin: 32.06mg, Cyanidin: 32.06mg, Cyanidin: 32.06mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 2.71mg, Naringenin: 2.71mg, Naringenin: 2.71mg, Naringenin: 2.71mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 275.26kcal (13.76%), Fat: 9.75g (15%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 39.25g (14.27%), Sugar: 29.98g (33.31%), Cholesterol: 53.2mg (17.73%), Sodium: 226.19mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin C: 28.16mg (34.13%), Manganese: 0.55mg (27.31%), Fiber: 5.39g (21.56%), Vitamin A: 614.3IU (12.29%), Vitamin B2: 0.2mg (12%), Phosphorus: 114.59mg (11.46%), Calcium: 109.46mg (10.95%), Vitamin B1: 0.13mg (8.88%), Folate: 33.31µg (8.33%), Potassium: 270.49mg (7.73%), Iron: 1.32mg (7.34%), Vitamin E: 1.09mg (7.26%), Magnesium: 28.5mg (7.12%), Vitamin K: 6.52µg (6.21%), Vitamin B5: 0.62mg (6.2%), Selenium: 3.99µg (5.7%), Vitamin B3: 1.1mg (5.5%), Vitamin D: 0.82µg (5.44%), Vitamin B6: 0.11mg (5.41%), Vitamin B12: 0.31µg (5.2%), Copper: 0.1mg (5.03%), Zinc: 0.67mg (4.44%)