



Easy Orange-Cranberry Dessert

 Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- 3 ounces vanilla pudding instant (not)
- 2 cups milk
- 1 cup whipping cream (heavy)
- 1 tablespoon powdered sugar
- 10.8 ounces round cake frozen thawed
- 0.3 cup orange juice orange-flavored
- 0.8 cup roasted cranberry sauce frozen thawed (from 12-ounce container)
- 1 cup raspberries fresh

- 11 ounces mandarin orange segments drained canned
- 1 serving raspberries fresh

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 2
- tablespoons 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 with
- remaining 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



■ PROTEIN 6.14% ■ FAT 33.48% ■ CARBS 60.38%

Properties

Glycemic Index:15.33, Glycemic Load:2.46, Inflammation Score:-5, Nutrition Score:6.2060869569364%

Flavonoids

Cyanidin: 6.88mg, Cyanidin: 6.88mg, Cyanidin: 6.88mg, Cyanidin: 6.88mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 246.66kcal (12.33%), Fat: 9.39g (14.45%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 36.28g (13.19%), Sugar: 27.55g (30.61%), Cholesterol: 53.2mg (17.73%), Sodium: 225.64mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin C: 13.75mg (16.66%), Vitamin A: 596.15IU (11.92%), Vitamin B2: 0.18mg (10.77%), Phosphorus: 98.64mg (9.86%), Calcium: 95.71mg (9.57%), Manganese: 0.18mg (8.88%), Vitamin B1: 0.12mg (7.71%), Fiber: 1.82g (7.26%), Selenium: 3.88µg (5.54%), Vitamin D: 0.82µg (5.44%), Folate: 21.76µg (5.44%), Potassium: 187.44mg (5.36%), Iron: 0.94mg (5.23%), Vitamin B12: 0.31µg (5.2%), Vitamin B5: 0.44mg (4.39%), Magnesium: 16.4mg (4.1%), Vitamin E: 0.61mg (4.07%), Vitamin B6: 0.08mg (3.9%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.43mg (2.9%), Copper: 0.05mg (2.56%), Vitamin K: 2.23µg (2.12%)