



## Fluffy Layered Orange Dessert

READY IN



140 min.

SERVINGS



6

CALORIES



173 kcal

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 1.3 cups milk fat-free cold
- 0.3 tsp ground nutmeg
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 3 oz ladyfingers split soft
- 2 navel oranges chopped
- 0.3 cup orange juice divided
- 1.5 tsp orange zest
- 1 cup cool whip whipped topping sugar free thawed

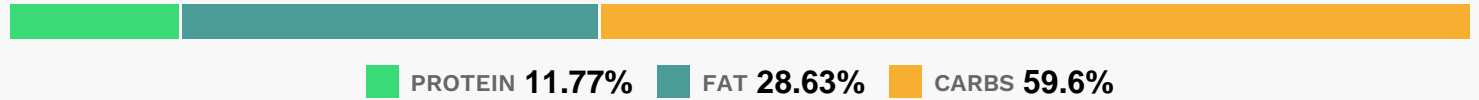
# Equipment

- bowl
- whisk

# Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP and zest.
- Arrange half the ladyfingers, rounded-sides down, in 8-or 9-inch square dish; drizzle with 2 Tbsp. orange juice. Cover with half the pudding mixture. Repeat layers. Refrigerate 2 hours.
- Top with oranges, nuts and nutmeg just before serving.

# Nutrition Facts



# Properties

Glycemic Index:27.54, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:7.9395652594774%

# Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg, Naringenin: 3.56mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

# Nutrients (% of daily need)

Calories: 173.08kcal (8.65%), Fat: 5.66g (8.71%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 24.6g (8.94%), Sugar: 14.36g (15.95%), Cholesterol: 33.11mg (11.04%), Sodium: 81.42mg (3.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Vitamin C: 33.43mg (40.52%), Vitamin B2: 0.23mg (13.24%), Phosphorus: 125.86mg (12.59%), Calcium: 119.07mg (11.91%), Vitamin E: 1.45mg (9.64%), Manganese: 0.17mg (8.52%), Folate: 33.75µg (8.44%), Vitamin B1: 0.12mg (8.25%), Fiber: 1.93g (7.71%), Magnesium: 29.05mg (7.26%), Potassium: 251.81mg (7.19%), Vitamin B12: 0.43µg (7.12%), Vitamin A: 330.36IU (6.61%), Vitamin B5: 0.51mg (5.08%), Vitamin B6: 0.1mg (4.92%), Copper: 0.09mg (4.68%), Iron: 0.8mg (4.45%), Zinc: 0.61mg

(4.07%), Vitamin B3: 0.8mg (4.01%), Vitamin D: 0.56µg (3.74%), Selenium: 1.59µg (2.27%)