



Frosty Orange Cappuccino Dessert

READY IN



250 min.

SERVINGS



15

CALORIES



608 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups vanilla wafers crushed (50 cookies)
- ☐ 0.3 cup butter melted
- ☐ 3 cups whipping cream
- ☐ 4 teaspoons espresso powder instant
- ☐ 2 tablespoons water hot
- ☐ 16 oz cream cheese softened
- ☐ 28 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 cup orange juice concentrate frozen thawed ()
- ☐ 0.7 cup chocolate syrup

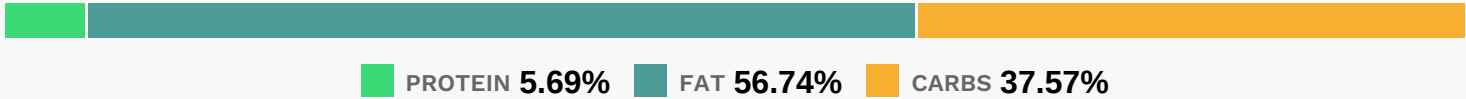
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In small bowl, mix crushed cookies and butter. In bottom of ungreased 13x9-inch pan, press mixture firmly and evenly.
- ☐ Bake about 10 minutes or until light golden brown. Cool completely, about 30 minutes.
- ☐ Meanwhile, in chilled large bowl, beat whipping cream with electric mixer on high speed until stiff peaks form; set aside. In small bowl, stir espresso granules into hot water until dissolved; set aside.
- ☐ In large bowl, beat cream cheese on medium speed until smooth. Beat in milk until blended. Spoon 1 cup cream cheese mixture into small bowl; stir in orange juice concentrate and 1 cup of the whipped cream.
- ☐ Stir coffee mixture and chocolate syrup into remaining cream cheese mixture until smooth. Fold in remaining whipped cream.
- ☐ Pour chocolate mixture over crust. Drop orange mixture by spoonfuls over chocolate mixture; swirl mixtures with knife.
- ☐ Freeze at least 3 hours until firm. For servings, cut into 5 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:26.11, Inflammation Score:-7, Nutrition Score:11.230869635292%

Nutrients (% of daily need)

Calories: 607.74kcal (30.39%), Fat: 39g (60%), Saturated Fat: 21.72g (135.76%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 57.38g (20.87%), Sugar: 48.19g (53.55%), Cholesterol: 102.47mg (34.16%), Sodium: 292.66mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.17mg (3.06%), Protein: 8.8g (17.59%), Vitamin C: 29.15mg (35.34%), Vitamin A: 1499.33IU (29.99%), Vitamin B2: 0.45mg (26.75%), Phosphorus: 230.73mg (23.07%), Calcium: 222.05mg (22.2%), Selenium: 12.16µg (17.37%), Potassium: 454.3mg (12.98%), Vitamin B1: 0.18mg (11.97%), Folate: 38.25µg (9.56%), Magnesium: 36.15mg (9.04%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.38µg (6.34%), Zinc: 0.89mg (5.94%), Vitamin D: 0.87µg (5.78%), Vitamin B6: 0.11mg (5.56%), Copper: 0.1mg (4.94%), Vitamin B3: 0.88mg (4.38%), Manganese: 0.07mg (3.58%), Iron: 0.54mg (2.98%), Fiber: 0.74g (2.97%), Vitamin K: 2.62µg (2.5%)