



## Frosty Orange Creme Layered Dessert

 **Gluten Free**

READY IN



**195 min.**

SERVINGS



**15**

CALORIES



**187 kcal**

### Ingredients

- 8 oz philadelphia cream cheese softened
- 2 cups orange sherbet softened
- 0.5 cup orange juice
- 14 oz condensed milk sweetened canned
- 8 oz cool whip whipped topping thawed

### Equipment

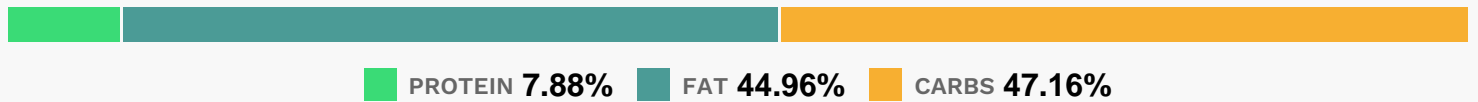
- bowl
- frying pan
- whisk

- blender
- loaf pan
- aluminum foil

## Directions

- Line 9x5-inch loaf pan with Reynolds Wrap Aluminum Foil.
- Spread sherbet onto bottom of prepared pan to form even layer. Freeze 10 min.
- Meanwhile, beat cream cheese in large bowl with mixer until creamy. Gradually add condensed milk and juice, beating until blended.
- Whisk in COOL WHIP; spread over sherbet in pan.
- Freeze 3 hours. To unmold, invert pan onto plate; remove foil.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:10.4, Inflammation Score:-3, Nutrition Score:4.5130434256533%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 3.85mg, Naringenin: 3.85mg, Naringenin: 3.85mg, Naringenin: 3.85mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 186.72kcal (9.34%), Fat: 9.53g (14.66%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 21.9g (7.96%), Sugar: 21.47g (23.85%), Cholesterol: 24.57mg (8.19%), Sodium: 92.05mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin C: 17.59mg (21.32%), Calcium: 111.06mg (11.11%), Vitamin B2: 0.17mg (10.03%), Phosphorus: 99.07mg (9.91%), Selenium: 5.71µg (8.15%), Vitamin A: 355.43IU (7.11%), Potassium: 193.37mg (5.52%), Vitamin B1: 0.06mg (3.91%), Folate: 14.4µg (3.6%), Vitamin B5: 0.36mg (3.6%), Magnesium: 12.61mg (3.15%), Vitamin B12: 0.18µg (3%), Zinc: 0.36mg (2.4%), Fiber: 0.59g (2.37%), Vitamin B6: 0.04mg (2.13%), Vitamin E: 0.29mg (1.96%), Copper: 0.02mg (1.13%)