



Frosty Orange Creme Layered Dessert

 **Gluten Free**

READY IN



195 min.

SERVINGS



12

CALORIES



233 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

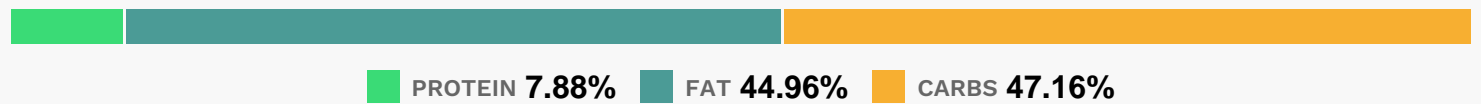
- bowl
- frying pan
- whisk

- 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:15.21, Glycemic Load:13, Inflammation Score:-4, Nutrition Score:5.6417391118796%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg Naringenin: 4.82mg, Naringenin: 4.82mg, Naringenin: 4.82mg, Naringenin: 4.82mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 233.4kcal (11.67%), Fat: 11.91g (18.33%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 27.37g (9.95%), Sugar: 26.84g (29.82%), Cholesterol: 30.71mg (10.24%), Sodium: 115.06mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin C: 21.99mg (26.65%), Calcium: 138.82mg (13.88%), Vitamin B2: 0.21mg (12.54%), Phosphorus: 123.84mg (12.38%), Selenium: 7.13µg (10.19%), Vitamin A: 444.28IU (8.89%), Potassium: 241.71mg (6.91%), Vitamin B1: 0.07mg (4.89%), Folate: 18.01µg (4.5%), Vitamin B5: 0.45mg (4.5%), Magnesium: 15.76mg (3.94%), Vitamin B12: 0.22µg (3.75%), Zinc: 0.45mg (3%), Fiber: 0.74g (2.96%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.37mg (2.45%), Copper: 0.03mg (1.41%), Vitamin B3: 0.23mg (1.16%), Vitamin K: 1.21µg (1.15%)