

## Frosty Orange Dream Squares

READY IN



200 min.

SERVINGS



20

CALORIES



143 kcal

### Ingredients

- 0.3 cup butter melted
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 cups orange sherbet softened
- 1.5 cups vanilla wafers crushed finely
- 8 oz cool whip whipped topping divided thawed

### Equipment

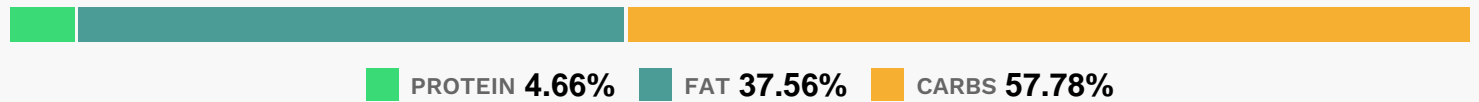
- bowl
- frying pan

- whisk
- aluminum foil

## Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Mix wafer crumbs and butter; press onto bottom of prepared pan.
- Beat pudding mixes and milk in medium bowl with whisk 2 min. Stir in half the COOL WHIP; spoon over crust. Refrigerate 10 min.
- Add remaining COOL WHIP to sherbet; whisk until blended. Spoon over pudding layer in crust.
- Freeze 3 hours or until firm. Use foil handles to remove dessert from pan before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:10.38, Glycemic Load:5.71, Inflammation Score:-2, Nutrition Score:2.4143478021674%

## Flavonoids

Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 143.49kcal (7.17%), Fat: 6.06g (9.33%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 20.38g (7.41%), Sugar: 15.79g (17.54%), Cholesterol: 9.34mg (3.11%), Sodium: 130.05mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 9.58mg (11.61%), Calcium: 46.43mg (4.64%), Vitamin B1: 0.07mg (4.43%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 39.89mg (3.99%), Folate: 13.09µg (3.27%), Vitamin A: 159.33IU (3.19%), Vitamin B12: 0.16µg (2.65%), Potassium: 90.17mg (2.58%), Fiber: 0.61g (2.42%), Vitamin D: 0.27µg (1.79%), Vitamin B3: 0.3mg (1.52%), Vitamin B6: 0.03mg (1.4%), Magnesium: 5.58mg (1.39%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.94µg (1.34%), Vitamin E: 0.17mg (1.11%)