



Lightened Clementine-Gingersnap Trifles

READY IN



30 min.

SERVINGS



6

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 10 clementines
- ☐ 5.3 oz ginger cookies thin
- ☐ 6 servings garnishes: kiwi sliced thin
- ☐ 1 teaspoon lemon zest
- ☐ 8 oz cream cheese softened reduced-fat
- ☐ 0.3 cup orange marmalade
- ☐ 1.5 teaspoons poppy seeds
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract divided

☐ 8 oz non-dairy whipped topping thawed reduced-fat

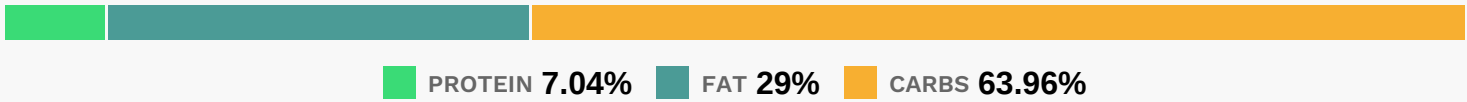
Equipment

- ☐ bowl
- ☐ stand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ Beat cream cheese, sugar, zest, and 1/2 tsp. vanilla at medium-high speed with a heavy-duty electric stand mixer 30 seconds or until smooth and sugar is dissolved. Fold in whipped topping, and spoon into a 1-gal. zip-top plastic bag. Seal bag, and chill 2 to 24 hours.
- ☐ Peel clementines, and separate into segments. (Yield should be 4 cups.)
- ☐ Microwave marmalade in a medium bowl at HIGH 20 seconds or until melted. Stir in clementine segments, poppy seeds, and remaining 1/2 tsp. vanilla.
- ☐ Remove and reserve 6 segments. Divide half of clementine mixture among 6 (10- to 13-oz.) glasses. Top each with 2 cookies. Repeat layers once.
- ☐ Snip 1 corner of bag with cream cheese mixture with scissors to make a 1-inch hole. Pipe mixture onto cookies in glasses.
- ☐ Serve immediately, or cover and chill 2 hours. Top with reserved segments just before serving, and garnish, if desired.
- ☐ Note: For testing purposes only, we used Anna's Ginger Thins. A 2 1/2- to 3-qt. trifle dish may be substituted for 6 (10- to 13-oz.) glasses.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:15.58, Inflammation Score:-7, Nutrition Score:17.189565295758%

Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 421.1kcal (21.06%), Fat: 14.07g (21.65%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 64.17g (23.33%), Sugar: 45.68g (50.75%), Cholesterol: 21.17mg (7.06%), Sodium: 314.13mg (13.66%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 7.68g (15.37%), Vitamin C: 129.24mg (156.66%), Vitamin K: 38.92µg (37.07%), Manganese: 0.56mg (28.1%), Fiber: 5.65g (22.59%), Folate: 85.02µg (21.25%), Calcium: 187.12mg (18.71%), Potassium: 627.74mg (17.94%), Phosphorus: 169.99mg (17%), Copper: 0.29mg (14.58%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.21mg (14.02%), Vitamin E: 1.98mg (13.22%), Iron: 2.18mg (12.1%), Magnesium: 47.72mg (11.93%), Vitamin B3: 2.03mg (10.14%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.42µg (7.06%), Vitamin A: 324.72IU (6.49%), Selenium: 4.19µg (5.98%), Zinc: 0.66mg (4.38%)