



Mandarin Cream Delight

READY IN



45 min.

SERVINGS



16

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce carton cream sour low-fat
- ☐ 16 ounce carton cream fat-free sour
- ☐ 1.5 cups flour all-purpose
- ☐ 22 ounce mandarin oranges in syrup light undrained canned
- ☐ 0.1 teaspoon salt
- ☐ 9 tablespoons stick margarine softened
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 6.8 ounce vanilla pudding mix sugar-free instant (1.4-ounce)
- ☐ 8 ounce non-dairy whipped topping frozen thawed reduced-calorie

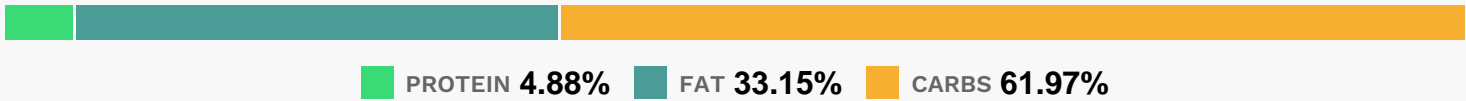
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ To prepare crust, combine the butter, 1/2 cup sugar, and vanilla in a large bowl. Beat at medium speed of a mixer until light and fluffy (about 2 minutes). Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and salt to butter mixture, beating at low speed until well-blended.
- ☐ Preheat oven to 40
- ☐ Pat dough into a 13 x 9-inch baking dish coated with cooking spray, and pierce bottom of dough with a fork.
- ☐ Bake at 400 for 12 minutes or until lightly browned. Cool crust on a wire rack.
- ☐ To prepare filling, drain mandarin oranges over a large bowl, reserving 1/2 cup juice.
- ☐ Combine juice, 1/4 cup sugar, sour creams, and pudding mix in a large bowl. Stir in the orange segments. Spoon orange mixture over crust, spreading evenly. Top with whipped topping. Chill 1 hour.
- ☐ Garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:14.9, Inflammation Score:-5, Nutrition Score:5.1173913193786%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

Nutrients (% of daily need)

Calories: 277.6kcal (13.88%), Fat: 10.37g (15.95%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 42.52g (15.46%), Sugar: 26.6g (29.55%), Cholesterol: 7.8mg (2.6%), Sodium: 236.18mg (10.27%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.44g (6.88%), Vitamin A: 692.25IU (13.85%), Vitamin C: 10.55mg (12.79%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.14mg (9.02%), Vitamin B2: 0.15mg (8.88%), Calcium: 84.9mg (8.49%), Folate: 32.87µg (8.22%), Phosphorus: 70.11mg (7.01%), Manganese: 0.1mg (4.85%), Potassium: 164.65mg (4.7%), Vitamin B3: 0.89mg (4.43%), Fiber: 1.09g (4.36%), Iron: 0.64mg (3.56%), Magnesium: 12.78mg (3.2%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.18µg (3.02%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.34mg (2.27%), Copper: 0.04mg (2.24%), Vitamin B5: 0.14mg (1.43%)