



Orange-Cranberry Dream

READY IN



270 min.

SERVINGS



18

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 11 oz mandarin orange segments drained canned
- 8 oz philadelphia cream cheese softened
- 1.5 cups graham cracker crumbs
- 6 oz jell-o cranberry flavor gelatin
- 0.5 cup sugar divided
- 1.5 cups water boiling
- 1.5 cups water cold
- 12 oz cool whip whipped topping thawed

16 oz berry cranberry sauce whole canned

Equipment

bowl

whisk

Directions

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.

Add cranberry sauce; stir until melted. Stir in cold water. Refrigerate 1-1/4 hours or until slightly thickened.

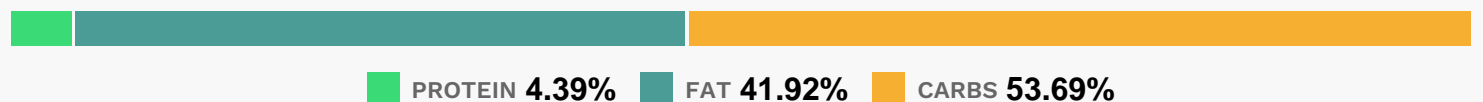
Meanwhile, mix graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.

Beat cream cheese and remaining sugar in large bowl with whisk until blended. Gently stir in 3 cups COOL WHIP; spread over crust. Stir oranges into gelatin mixture; pour over cream cheese layer.

Refrigerate 3 hours or until firm.

Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:7.84, Inflammation Score:-4, Nutrition Score:2.9973913172017%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 265.49kcal (13.27%), Fat: 12.65g (19.46%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 35.72g (12.99%), Sugar: 29.66g (32.96%), Cholesterol: 13.1mg (4.37%), Sodium: 206.95mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin A: 646.63IU (12.93%), Vitamin C: 6.14mg (7.44%), Phosphorus: 59.3mg (5.93%), Vitamin B2: 0.08mg (4.75%), Vitamin E: 0.66mg (4.39%), Calcium: 37.42mg (3.74%), Selenium: 2.37µg (3.39%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.84%), Iron: 0.49mg (2.71%),

Magnesium: 9.77mg (2.44%), Potassium: 82.15mg (2.35%), Zinc: 0.32mg (2.15%), Vitamin B3: 0.4mg (2%), Copper: 0.04mg (1.89%), Folate: 6.39µg (1.6%), Vitamin B6: 0.03mg (1.47%), Vitamin B12: 0.07µg (1.2%), Vitamin K: 1.22µg (1.16%)