



Orange Crème Dessert with Ruby Cranberry Sauce

READY IN



220 min.

SERVINGS



12

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 1 cup graham crackers crushed finely
- ☐ 2 cups cranberries fresh
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon cornstarch
- ☐ 0.8 cup water
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup orange juice
- ☐ 24 oz creme de cassis yoplait®

- ☐ 2 teaspoons orange zest grated
- ☐ 2 cups cool whip frozen thawed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F. Spray 9-inch springform pan with cooking spray. Press cracker crumbs evenly in bottom of pan.
- ☐ Bake 7 minutes.
- ☐ Place in refrigerator or freezer until completely cooled.
- ☐ Meanwhile, in medium saucepan, mix cranberries, sugar, cornstarch and water until smooth.
- ☐ Heat to boiling over medium heat, stirring constantly. Reduce heat to low; simmer 10 to 15 minutes or until cranberries pop, stirring occasionally. Cool 15 minutes. Refrigerate until serving time.
- ☐ In small saucepan, stir gelatin and orange juice; let stand 2 minutes.
- ☐ Place saucepan over low heat; stir until gelatin is dissolved.
- ☐ In blender container, place yogurt and orange peel; blend until smooth. With blender running, add gelatin mixture. Cover; blend at High speed for 15 to 20 seconds or until combined. Spoon into medium bowl. Gently stir in whipped topping. Spoon and gently spread over cooled crust. Refrigerate 3 hours or until set.
- ☐ To serve, run knife around edge of dessert; remove side of pan.
- ☐ Cut dessert into wedges; place on individual dessert plates. Top each with 2 tablespoons cranberry mixture.

Nutrition Facts



PROTEIN 4.17% FAT 8.96% CARBS 86.87%

Properties

Glycemic Index:20.09, Glycemic Load:13.67, Inflammation Score:-1, Nutrition Score:2.2026087019754%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 140.37kcal (7.02%), Fat: 1.45g (2.23%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 30.65g (11.15%), Sugar: 24.89g (27.65%), Cholesterol: 2mg (0.67%), Sodium: 67.65mg (2.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.52g (3.03%), Vitamin C: 5.37mg (6.51%), Vitamin B2: 0.1mg (6.13%), Fiber: 0.95g (3.81%), Manganese: 0.07mg (3.46%), Vitamin B12: 0.19µg (3.08%), Vitamin B1: 0.04mg (2.85%), Phosphorus: 26.68mg (2.67%), Calcium: 25.59mg (2.56%), Iron: 0.41mg (2.26%), Magnesium: 7.91mg (1.98%), Folate: 7.57µg (1.89%), Copper: 0.04mg (1.85%), Vitamin B3: 0.37mg (1.85%), Vitamin B6: 0.04mg (1.75%), Zinc: 0.25mg (1.64%), Vitamin E: 0.23mg (1.56%), Potassium: 52.06mg (1.49%), Selenium: 0.71µg (1.01%)