



Orange Crème Dessert with Ruby Cranberry Sauce

READY IN



220 min.

SERVINGS



12

CALORIES



155 kcal

DESSERT

Ingredients

- 1 teaspoon cornstarch
- 2 cups cranberries fresh
- 1 envelope gelatin powder unflavored
- 1 cup graham crackers crushed finely
- 0.3 cup orange juice
- 2 teaspoons orange zest grated
- 0.8 cup sugar
- 0.8 cup water

- 2 cups non-dairy whipped topping frozen thawed
- 24 oz yogurt yoplait®

Equipment

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

Directions

- Heat oven to 375F. 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 8.78% FAT 24.39% CARBS 66.83%

Properties

Glycemic Index:21.67, Glycemic Load:14.17, Inflammation Score:-2, Nutrition Score:3.3343478441238%

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: 155.42kcal (7.77%), Fat: 4.3g (6.62%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 25.63g (9.32%), Sugar: 20.94g (23.26%), Cholesterol: 7.62mg (2.54%), Sodium: 86.92mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Calcium: 86.74mg (8.67%), Phosphorus: 81.29mg (8.13%), Vitamin B2: 0.12mg (6.98%), Vitamin C: 5.65mg (6.85%), Potassium: 138.51mg (3.96%), Vitamin B12: 0.23µg (3.91%), Fiber: 0.9g (3.61%), Magnesium: 14.03mg (3.51%), Zinc: 0.51mg (3.43%), Manganese: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.88%), Vitamin B5: 0.28mg (2.82%), Selenium: 1.88µg (2.69%), Folate: 9.79µg (2.45%), Iron: 0.42mg (2.31%), Vitamin E: 0.32mg (2.13%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.38mg (1.9%), Copper: 0.04mg (1.82%), Vitamin A: 87.12IU (1.74%), Vitamin K: 1.35µg (1.29%)