



Orange Dream Layered Squares

 Gluten Free

READY IN



30 min.

SERVINGS



9

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 ounce philadelphia cream cheese divided softened
- ☐ 6 honey maid grahams crushed finely
- ☐ 3.4 ounce jell-o vanilla flavor pudding instant
- ☐ 0.5 cup milk cold
- ☐ 3 ounce jell-o orange flavor gelatin
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon orange zest

☐ 8 ounce cool whip whipped topping divided thawed

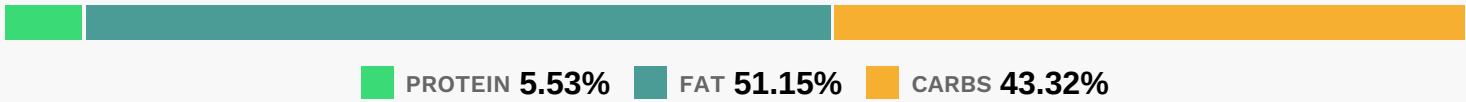
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Mix graham crumbs and butter; press onto bottom of 8-inch square pan. Refrigerate until ready to use.
- ☐ Microwave juice in microwaveable measuring cup on HIGH 1 min.
- ☐ Add to gelatin mix in small bowl; stir 2 min. until completely dissolved. Gradually add to half the cream cheese in medium bowl, beating with mixer after each addition until blended.
- ☐ Whisk in 1 cup COOL WHIP; spread over crust. Freeze while preparing next layer.
- ☐ Beat remaining cream cheese and milk in separate medium bowl until blended.
- ☐ Add dry pudding mix; beat 2 min. Stir in remaining COOL WHIP and zest; spread over gelatin layer. Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:24.36, Glycemic Load:1.63, Inflammation Score:-3, Nutrition Score:3.0660869466222%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 260.12kcal (13.01%), Fat: 15g (23.07%), Saturated Fat: 9.8g (61.26%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 28.46g (10.35%), Sugar: 25.88g (28.76%), Cholesterol: 34.27mg (11.42%), Sodium: 234.64mg (10.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin A: 485.27IU (9.71%), Vitamin C: 7.19mg (8.72%), Phosphorus: 76mg (7.6%), Vitamin B2: 0.11mg (6.49%), Calcium: 62.49mg (6.25%), Selenium: 3.81µg (5.44%), Potassium: 110.97mg (3.17%), Vitamin B12: 0.18µg (3.07%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.23mg (2.27%), Vitamin B1: 0.03mg (2.1%), Folate: 7.61µg (1.9%), Magnesium: 7.49mg (1.87%), Vitamin B6: 0.03mg (1.68%), Vitamin K: 1.61µg (1.53%), Zinc: 0.22mg (1.48%), Copper: 0.03mg (1.35%)