

## Orange Fluff II

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**15**

CALORIES



**173 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 22 ounce mandarin oranges drained canned
- 8 ounce pineapple rings with juice crushed canned
- 8 ounce cream cheese softened
- 3.5 ounce vanilla pudding instant
- 1 cup milk
- 6 ounce orange gelatin orange flavored
- 6 ounce orange juice concentrate frozen thawed canned
- 2.5 cups water boiling

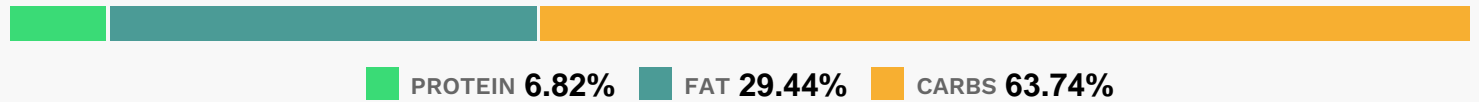
# Equipment

- frying pan

# Directions

- Spray one 9x13 inch pan with non-stick cooking spray.
- Combine the gelatin and boiling water, stir until dissolved.
- Add the mandarin oranges, pineapple and orange juice; pour into prepared pan and refrigerate until chilled.
- Beat together the pudding, cream cheese and milk.
- Spread over gelatin and refrigerate until chilled.

# Nutrition Facts



# Properties

Glycemic Index:4.33, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:5.1834783489289%

# Nutrients (% of daily need)

Calories: 172.61kcal (8.63%), Fat: 5.81g (8.94%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 27.45g (9.98%), Sugar: 25.31g (28.12%), Cholesterol: 17.22mg (5.74%), Sodium: 153.5mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin C: 31.96mg (38.74%), Vitamin A: 825.47IU (16.51%), Vitamin B1: 0.1mg (6.41%), Phosphorus: 61.28mg (6.13%), Vitamin B2: 0.1mg (5.8%), Potassium: 193.1mg (5.52%), Calcium: 48.25mg (4.82%), Selenium: 2.7µg (3.86%), Vitamin B6: 0.08mg (3.86%), Magnesium: 14.74mg (3.69%), Fiber: 0.85g (3.39%), Folate: 13.27µg (3.32%), Copper: 0.06mg (3.19%), Zinc: 0.4mg (2.68%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.12µg (2.02%), Vitamin B3: 0.38mg (1.92%), Vitamin E: 0.27mg (1.81%), Iron: 0.23mg (1.27%), Vitamin D: 0.18µg (1.19%)