



Strawberry-Orange Delight

 **Gluten Free**

READY IN



210 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 4 oz philadelphia cream cheese softened ()
- 3 pkg jell-o strawberry flavor gelatin (4-serving size each)
- 2 Tbsp sugar
- 2.5 cups water boiling
- 2.8 cups water cold
- 8 oz cool whip whipped topping divided thawed

Equipment

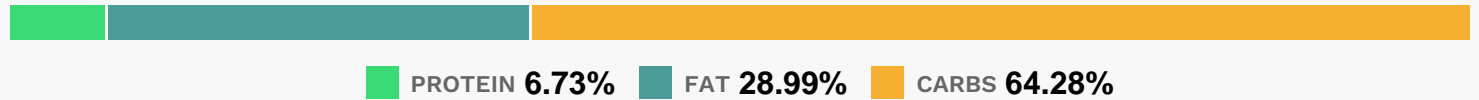
bowl

whisk

Directions

- Stir boiling water into dry gelatin mixes in medium bowl at least 2 min. until completely dissolved. Stir in cold water. Refrigerate about 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites). Reserve a few oranges for garnish. Gently stir remaining oranges into thickened gelatin. Set aside.
- Beat cream cheese and sugar in separate medium bowl with wire whisk until well blended. Gently stir in 2 cups of the whipped topping. Spoon into large serving bowl; cover with the gelatin mixture.
- Refrigerate 2 hours or until firm. Top with the remaining whipped topping and reserved oranges just before serving.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:0.94826086157042%

Nutrients (% of daily need)

Calories: 69.58kcal (3.48%), Fat: 2.3g (3.53%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 11.34g (4.12%), Sugar: 10.9g (12.11%), Cholesterol: 3.97mg (1.32%), Sodium: 59.52mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 3.52mg (4.27%), Vitamin A: 192.74IU (3.85%), Phosphorus: 22.77mg (2.28%), Selenium: 1.12µg (1.6%), Vitamin B2: 0.02mg (1.32%), Calcium: 11.79mg (1.18%), Copper: 0.02mg (1.12%)