



Butterscotch Mousse

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 6 servings banana sliced
- ☐ 2 tablespoons butterscotch chips
- ☐ 1 box butterscotch pudding mix instant (4-serving size)
- ☐ 0.8 cup soymilk
- ☐ 1 tablespoon soymilk
- ☐ 2 cups non-dairy whipped topping fat-free frozen thawed
- ☐ 6 servings cool whip fat-free frozen thawed

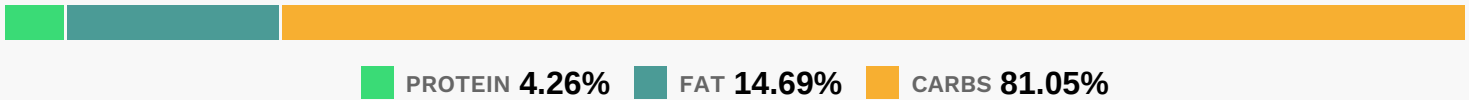
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 1-quart saucepan, place 1 tablespoon soymilk and the butterscotch chips.
- ☐ Heat over low heat, stirring constantly, until chips are melted and mixture is smooth. Cool slightly.
- ☐ Meanwhile, in medium bowl, beat 3/4 cup soymilk and the pudding mix with wire whisk until mixture is blended and thickened. Stir in melted chip mixture until well blended. Fold in 2 cups whipped topping.
- ☐ To serve, spoon into individual dessert dishes; serve immediately or refrigerate until serving time. Just before serving, top with banana slices and additional whipped topping.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:14.27, Inflammation Score:-4, Nutrition Score:8.3326086116874%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 293.55kcal (14.68%), Fat: 4.99g (7.67%), Saturated Fat: 3.41g (21.28%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 58.39g (21.23%), Sugar: 44.49g (49.43%), Cholesterol: 2.22mg (0.74%), Sodium: 183.76mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin B6: 0.55mg (27.38%), Manganese: 0.34mg (17.08%), Vitamin C: 13.27mg (16.08%), Potassium: 529.84mg (15.14%), Fiber: 3.52g (14.07%), Vitamin B2: 0.21mg (12.35%), Vitamin B3: 1.93mg (9.67%), Folate: 36.96µg (9.24%), Magnesium: 36.13mg (9.03%), Vitamin B12: 0.46µg (7.7%), Calcium: 74.96mg (7.5%), Copper: 0.14mg (7.22%), Vitamin E: 1.07mg (7.14%), Phosphorus: 49.71mg (4.97%), Vitamin A: 243.94IU (4.88%), Vitamin B1: 0.07mg (4.79%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.94µg (4.2%), Iron: 0.52mg (2.91%), Vitamin D: 0.38µg (2.56%), Zinc: 0.32mg (2.12%), Vitamin K:

1.48μg (1.41%)