



WHATSheATE



Butterscotch Mousse



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



176 kcal

DESSERT

Ingredients

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

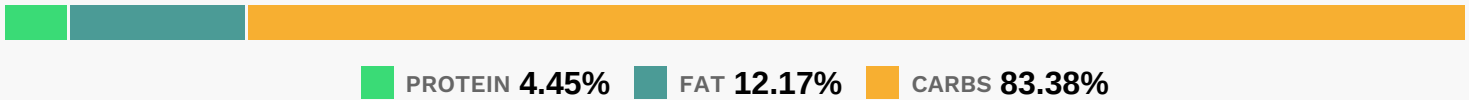
Equipment

- ☐ 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:2.65, Inflammation Score:-2, Nutrition Score:4.3565217055704%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.76kcal (8.79%), Fat: 2.43g (3.73%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 36.51g (13.28%), Sugar: 29.18g (32.42%), Cholesterol: 5.13mg (1.71%), Sodium: 180.01mg (7.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Vitamin B2: 0.24mg (14.25%), Vitamin B12: 0.73µg (12.11%), Vitamin B6: 0.18mg (9.17%), Calcium: 74.91mg (7.49%), Vitamin B3: 1.29mg (6.44%), Vitamin E: 0.86mg (5.74%), Vitamin C: 4.13mg (5.01%), Folate: 18.82µg (4.7%), Vitamin B1: 0.07mg (4.39%), Potassium: 151.65mg (4.33%), Vitamin A: 195.43IU (3.91%), Fiber: 0.87g (3.49%), Copper: 0.06mg (3.21%), Manganese: 0.06mg (2.9%), Selenium: 1.93µg (2.76%), Vitamin D: 0.38µg (2.56%), Phosphorus: 22.56mg (2.26%), Magnesium: 7.73mg (1.93%), Zinc: 0.2mg (1.34%), Iron: 0.23mg (1.29%)