



WHATSheATE



## Butterscotch Mousse



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



155 kcal

DESSERT

## Ingredients

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

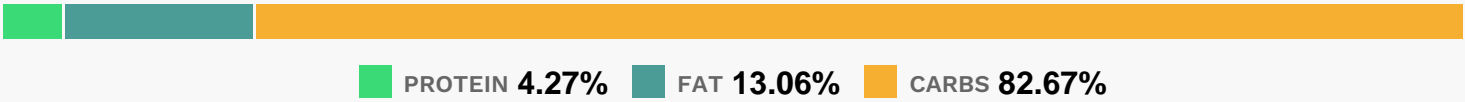
## Equipment

- ☐ 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:5.57, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.2395651644987%

# Nutrients (% of daily need)

Calories: 154.83kcal (7.74%), Fat: 2.27g (3.49%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 32.01g (11.64%), Sugar: 26.43g (29.37%), Cholesterol: 5.01mg (1.67%), Sodium: 178.01mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin B2: 0.22mg (12.78%), Vitamin B12: 0.69µg (11.48%), Calcium: 69.55mg (6.95%), Vitamin B3: 1.06mg (5.31%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.97%), Vitamin B1: 0.06mg (3.78%), Folate: 13.69µg (3.42%), Vitamin A: 170.85IU (3.42%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.35µg (2.36%), Selenium: 1.64µg (2.34%), Copper: 0.04mg (2.23%), Potassium: 72.13mg (2.06%), Phosphorus: 17.43mg (1.74%), Fiber: 0.31g (1.26%), Zinc: 0.16mg (1.08%)