



Citrus Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



360 kcal

Ingredients

- ☐ 0.5 cup grapefruit juice
- ☐ 0.5 cup juice of lemon
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 24 ounce non-dairy whipped topping frozen thawed

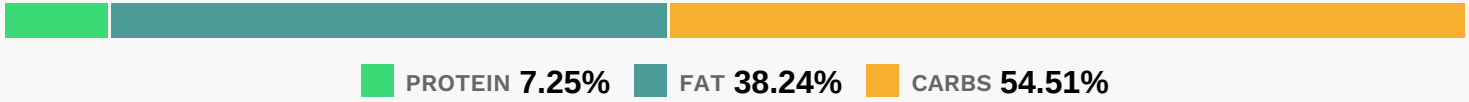
Equipment

- ☐ bowl

Directions

- ☐
- In a large bowl, beat together whipped topping and condensed milk. Gradually beat in lemon and grapefruit juices, until evenly blended.
- ☐
- Pour the mousse into one bowl or divide it into individual serving dishes.
- ☐
- Garnish with fruit, if desired.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:17.24, Inflammation Score:-2, Nutrition Score:5.9317391320415%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 359.9kcal (18%), Fat: 15.51g (23.86%), Saturated Fat: 12.34g (77.13%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 49.69g (18.07%), Sugar: 49.07g (54.52%), Cholesterol: 18.57mg (6.19%), Sodium: 124.69mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Calcium: 203.38mg (20.34%), Phosphorus: 191.3mg (19.13%), Vitamin B2: 0.29mg (16.78%), Vitamin C: 11.16mg (13.53%), Selenium: 9.4µg (13.43%), Potassium: 309.56mg (8.84%), Vitamin B12: 0.39µg (6.47%), Magnesium: 21.24mg (5.31%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.41mg (4.07%), Vitamin A: 197.35IU (3.95%), Zinc: 0.57mg (3.83%), Vitamin E: 0.53mg (3.52%), Vitamin K: 3.02µg (2.88%), Folate: 11.35µg (2.84%), Vitamin B6: 0.05mg (2.47%), Iron: 0.25mg (1.39%), Vitamin B3: 0.25mg (1.24%)