

Cranberry Mousse

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



8

CALORIES



83 kcal

Ingredients

- 3 ounce jell-o brand lime flavor gelatin
- 2 cups non-dairy whipped topping frozen thawed

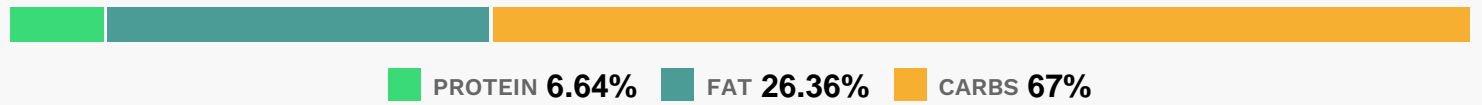
Equipment

- sauce pan
- mixing bowl
- hand mixer
- baking spatula

Directions

- Heat cranberry juice cocktail to boiling in a saucepan.
- Remove from heat and stir in raspberry gelatin until dissolved; transfer to a large mixing bowl. Using an electric mixer on high speed, beat cranberry sauce in a small bowl for 1 minute. Stir into gelatin mixture. Chill until mixture begins to thicken, but not set.
- Gently mix in whipped topping, using a rubber scraper. Spoon into serving dishes or prepared pie shell. Chill until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.52565217852269%

Nutrients (% of daily need)

Calories: 82.5kcal (4.13%), Fat: 2.46g (3.78%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 14.05g (5.11%), Sugar: 13.57g (15.08%), Cholesterol: 0.38mg (0.13%), Sodium: 63.04mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Phosphorus: 28.86mg (2.89%), Selenium: 1.16µg (1.66%), Calcium: 13.63mg (1.36%), Vitamin B2: 0.02mg (1.25%)