



Cucumber-Dill Mousse

 Gluten Free

READY IN



255 min.

SERVINGS



3

CALORIES



104 kcal

Ingredients

- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup apple juice
- ☐ 2.5 cups cucumber peeled seeded finely chopped ()
- ☐ 0.5 cup nonfat buttermilk fat-free
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup spring onion chopped (5 medium)
- ☐ 0.3 cup salad dressing reduced-calorie
- ☐ 1 tablespoon optional: dill dried fresh chopped

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0.3 teaspoon pepper white

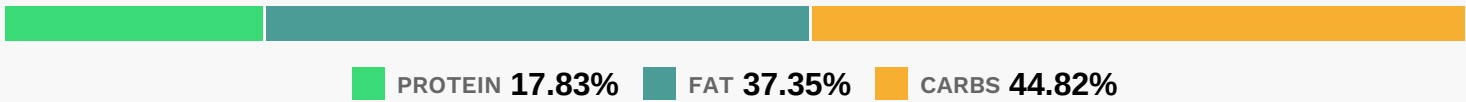
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Spray 4-cup mold or bowl with cooking spray.
- ☐ Sprinkle gelatin on wine in 1-quart saucepan to soften.
- ☐ Heat over medium heat about 2 minutes, stirring constantly, until gelatin is dissolved.
- ☐ Place 2 cups of the cucumbers and the remaining ingredients in blender or food processor. Cover and blend on high speed until smooth.
- ☐ Add gelatin mixture. Cover and blend 5 seconds.
- ☐ Pour into mold. Stir in remaining cucumber. Cover and refrigerate about 4 hours or until firm; unmold.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:5.8882609294808%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 104.11kcal (5.21%), Fat: 4.46g (6.86%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.81g (3.93%), Sugar: 8.37g (9.3%), Cholesterol: 1.57mg (0.52%), Sodium: 385.94mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 42.07µg (40.06%), Vitamin C: 12.57mg (15.24%), Copper: 0.16mg (7.88%), Manganese: 0.15mg (7.65%), Potassium: 250.85mg (7.17%), Folate: 25.56µg (6.39%), Magnesium: 20.28mg (5.07%), Fiber: 1.23g (4.93%), Vitamin B6: 0.09mg (4.39%), Vitamin A: 218.99IU (4.38%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.06mg (4.18%), Calcium: 39.23mg (3.92%), Vitamin E: 0.59mg (3.9%), Phosphorus: 37.45mg (3.75%), Iron: 0.59mg (3.27%), Vitamin B5: 0.32mg (3.16%), Selenium: 1.69µg (2.42%), Zinc: 0.3mg (2%), Vitamin B3: 0.26mg (1.29%)