



## Delightful Lemon Mousse with Raspberry Sauce

 Gluten Free

READY IN



255 min.

SERVINGS



10

CALORIES



67 kcal

### Ingredients

- 1 cup apple juice cold
- 8 oz cool whip free whipped topping thawed
- 10 servings ice cubes
- 0.6 oz jell-o lemon flavor gelatin sugar free
- 2 tsp lemon zest
- 10 oz raspberries frozen thawed
- 1.5 cups water boiling

### Equipment

- bowl
- whisk
- blender

## Directions

- Add boiling water to combined gelatin mix and lemon zest in large bowl; stir 2 min. until gelatin is completely dissolved.
- Add enough ice to apple juice to measure 1-3/4 cups. Stir into gelatin until slightly thickened.
- Whisk in COOL WHIP.
- Blend raspberries in blender until smooth; spoon half evenly into 10 dessert dishes. Top with gelatin mixture and remaining raspberry sauce.
- Refrigerate 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:6.68, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:3.3417391466058%

## Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 66.61kcal (3.33%), Fat: 1.35g (2.08%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 11.42g (4.15%), Sugar: 8.75g (9.72%), Cholesterol: 3.63mg (1.21%), Sodium: 30.13mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.21mg (10.42%), Vitamin C: 8.17mg (9.9%),

Vitamin B2: 0.16mg (9.2%), Fiber: 2.03g (8.1%), Vitamin B12: 0.34µg (5.59%), Calcium: 36.9mg (3.69%), Vitamin B1: 0.05mg (3.21%), Phosphorus: 27.83mg (2.78%), Potassium: 93.11mg (2.66%), Magnesium: 10.3mg (2.58%), Copper: 0.05mg (2.49%), Folate: 9.91µg (2.48%), Vitamin B6: 0.05mg (2.43%), Vitamin K: 2.28µg (2.17%), Vitamin E: 0.27mg (1.8%), Zinc: 0.2mg (1.36%), Vitamin B3: 0.27mg (1.36%), Iron: 0.24mg (1.32%), Selenium: 0.88µg (1.26%), Vitamin B5: 0.11mg (1.07%)