



## JELL-O® Strawberry Mousse Cups

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



23 kcal

### Ingredients

- 2 cups cool whip free whipped topping divided thawed
- 1 cup ice cubes
- 2 cups strawberries divided sliced
- 0.3 oz jell-o strawberry flavor gelatin sugar free
- 0.8 cup water boiling

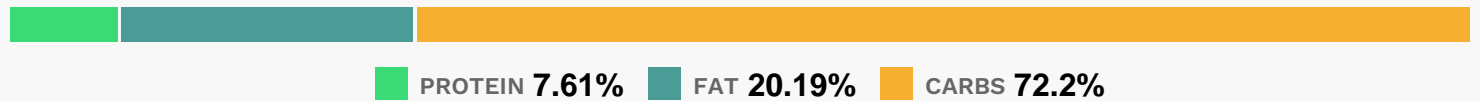
### Equipment

- bowl

## Directions

- Add boiling water to gelatin mix in large serving bowl; stir 2 min. until completely dissolved.
- Add ice; stir until completely melted. Gently stir in 1-1/2 cups each COOL WHIP and berries until well blended.
- Spoon into dessert dishes. Refrigerate 2 hours or until firm.
- Top with remaining COOL WHIP and berries just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.6721739386735%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 23.2kcal (1.16%), Fat: 0.56g (0.86%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.03g (3.36%), Cholesterol: 1.6mg (0.53%), Sodium: 11.41mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin C: 11.29mg (13.68%), Vitamin B2: 0.07mg (3.9%), Manganese: 0.07mg (3.71%), Vitamin B12: 0.15µg (2.47%), Fiber: 0.42g (1.7%), Folate: 6.32µg (1.58%), Calcium: 14.72mg (1.47%), Vitamin B1: 0.02mg (1.3%), Phosphorus: 12.21mg (1.22%), Potassium: 40.22mg (1.15%), Vitamin B6: 0.02mg (1.07%)