



Layered Cranberry Mousse Mold

 Gluten Free  Dairy Free

READY IN



305 min.

SERVINGS



5

CALORIES



342 kcal

Ingredients

- 0.3 tsp ground cinnamon
- 0.1 tsp ground cloves
- 6 oz jell-o cranberry flavor gelatin red or any flavor
- 1 cup water cold
- 1.5 cups water boiling
- 2 cups cool whip whipped topping thawed
- 16 oz berry cranberry sauce whole canned

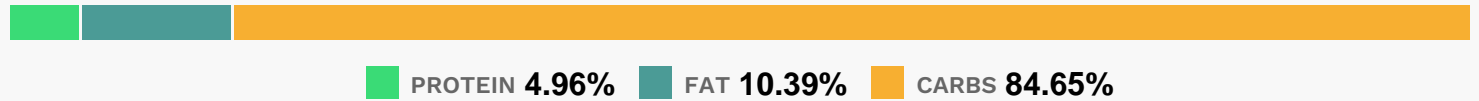
Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add cranberry sauce; stir until blended. Stir in cold water.
- Pour 2 cups gelatin mixture into 6-cup mold sprayed with cooking spray. Refrigerate 45 min. or until set but not firm.
- Meanwhile, stir cinnamon and cloves into remaining gelatin mixture. Refrigerate 30 min. or until slightly thickened. Stir in COOL WHIP until blended.
- Pour over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4034782435907%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 341.52kcal (17.08%), Fat: 4.07g (6.27%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 74.66g (24.89%), Net Carbohydrates: 73.57g (26.75%), Sugar: 65.2g (72.45%), Cholesterol: 0.6mg (0.2%), Sodium: 190.74mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Phosphorus: 73.93mg (7.39%), Vitamin E: 1mg (6.68%), Manganese: 0.11mg (5.62%), Selenium: 3.37µg (4.81%), Fiber: 1.08g (4.34%), Copper: 0.09mg (4.31%), Vitamin B2: 0.06mg (3.54%), Calcium: 30.23mg (3.02%), Iron: 0.46mg (2.57%), Vitamin K: 2.35µg (2.23%), Potassium: 59.18mg (1.69%), Magnesium: 5.99mg (1.5%), Vitamin B1: 0.02mg (1.38%), Vitamin A: 60.77IU (1.22%), Vitamin C: 0.91mg (1.11%)