



Layered Low-Fat Cranberry Mousse Mold

 Gluten Free

READY IN



305 min.

SERVINGS



5

CALORIES



153 kcal

Ingredients

- 8 oz cool whip free whipped topping divided thawed
- 0.6 oz jell-o raspberry flavor gelatin sugar free
- 1 cup water cold
- 2 cups water boiling
- 8 oz jellied cranberry sauce with fork canned

Equipment

- bowl
- whisk

Directions

- Add boiling water to gelatin mix in large bowl; stir with whisk 2 min. until completely dissolved.
- Add cranberry sauce; stir until blended. Stir in cold water.
- Pour 1-1/2 cups gelatin mixture into 6-cup mold sprayed with cooking spray. Refrigerate 45 min. or until set but not firm.
- Meanwhile, refrigerate remaining gelatin mixture 45 min. or until thickened.
- Stir 2 cups COOL WHIP into plain gelatin (in bowl) until blended.
- Pour over gelatin layer in mold. Refrigerate 4 hours or until firm.
- Unmold gelatin. Top with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0260869083197%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 152.67kcal (7.63%), Fat: 2.34g (3.59%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 32.06g (11.66%), Sugar: 24.61g (27.34%), Cholesterol: 7.26mg (2.42%), Sodium: 57.88mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin B2: 0.29mg (17.16%), Vitamin B12: 0.67µg (11.19%), Calcium: 54.71mg (5.47%), Vitamin B1: 0.07mg (4.94%), Phosphorus: 37.46mg (3.75%), Vitamin B6: 0.06mg (3.11%), Vitamin E: 0.46mg (3.08%), Fiber: 0.68g (2.72%), Selenium: 1.77µg (2.53%), Copper: 0.05mg (2.36%), Folate: 8.27µg (2.07%), Vitamin A: 98.43IU (1.97%), Potassium: 61.93mg (1.77%), Magnesium: 6.02mg (1.51%), Manganese: 0.03mg (1.38%), Zinc: 0.17mg (1.13%), Iron: 0.2mg (1.13%), Vitamin B3: 0.21mg (1.05%)