



Lemon-Raspberry Mousse Squares

READY IN



255 min.

SERVINGS



15

CALORIES



245 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 1.5 cups fruit mixed fresh sliced (blueberries, raspberries, kiwi, strawberries)
- 1 cup ice cubes
- 3 oz jell-o lemon flavor gelatin
- 2 tsp lemon zest
- 0.3 cup raspberry preserves
- 0.3 cup sugar
- 48 vanilla wafers divided
- 0.8 cup water boiling

8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- frying pan
- whisk
- blender
- plastic wrap
- microwave

Directions

- Stand 16 wafers around edge of plastic wrap-lined 8-inch square pan.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Stir in ice until melted.
- Beat next 3 ingredients in large bowl with mixer until blended. Gradually beat in gelatin.
- Whisk in 2 cups COOL WHIP.
- Pour half the gelatin mixture into prepared pan; cover with 16 wafers. Microwave preserves on HIGH 15 sec. or until melted; brush onto wafers. Top with remaining gelatin mixture and wafers.
- Refrigerate 4 hours or until firm. Invert dessert onto plate; remove pan and plastic wrap. Top dessert with remaining COOL WHIP and fruit.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:15.97, Inflammation Score:-2, Nutrition Score:2.4304347815721%

Nutrients (% of daily need)

Calories: 244.57kcal (12.23%), Fat: 10.56g (16.25%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 34.85g (12.67%), Sugar: 24.75g (27.5%), Cholesterol: 15.77mg (5.26%), Sodium: 167mg (7.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin B2: 0.11mg (6.3%), Vitamin B1: 0.09mg

(6.1%), Vitamin A: 285.95IU (5.72%), Folate: 20.22µg (5.06%), Phosphorus: 47.74mg (4.77%), Selenium: 2.22µg (3.17%), Vitamin B3: 0.63mg (3.13%), Fiber: 0.76g (3.04%), Calcium: 29.49mg (2.95%), Potassium: 79.16mg (2.26%), Copper: 0.04mg (2.06%), Vitamin C: 1.53mg (1.85%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.22mg (1.44%), Magnesium: 4.34mg (1.08%), Vitamin B12: 0.06µg (1.06%)