



Lemon-Raspberry Mousse Squares

READY IN



255 min.

SERVINGS



12

CALORIES



306 kcal

DESSERT

Ingredients

- 8 ounce philadelphia cream cheese softened
- 1.5 cups fruit fresh
- 1 cup ice cubes
- 3 ounce jell-o lemon flavor gelatin
- 2 teaspoons lemon zest
- 48 nilla wafers divided
- 0.3 cup raspberry preserves
- 0.3 cup sugar
- 0.8 cup water boiling

8 ounce cool whip whipped topping divided thawed

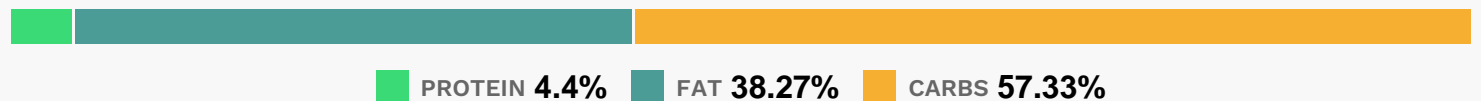
Equipment

- 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; top with remaining COOL WHIP and fruit.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:19.96, Inflammation Score:-3, Nutrition Score:3.0382608849069%

Nutrients (% of daily need)

Calories: 305.71kcal (15.29%), Fat: 13.2g (20.31%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 43.56g (15.84%), Sugar: 30.94g (34.38%), Cholesterol: 19.71mg (6.57%), Sodium: 208.75mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin B2: 0.13mg (7.88%), Vitamin B1:

0.11mg (7.63%), Vitamin A: 357.44IU (7.15%), Folate: 25.28µg (6.32%), Phosphorus: 59.67mg (5.97%), Selenium: 2.77µg (3.96%), Vitamin B3: 0.78mg (3.91%), Fiber: 0.95g (3.8%), Calcium: 36.86mg (3.69%), Potassium: 98.95mg (2.83%), Copper: 0.05mg (2.57%), Vitamin C: 1.91mg (2.32%), Vitamin K: 2.36µg (2.25%), Vitamin E: 0.27mg (1.79%), Magnesium: 5.42mg (1.35%), Vitamin B12: 0.08µg (1.32%), Vitamin B5: 0.12mg (1.24%), Vitamin B6: 0.02mg (1.08%), Iron: 0.19mg (1.07%), Zinc: 0.15mg (1.01%)