



## Low-Fat Mandarin Mousse Mold

 Gluten Free

READY IN



300 min.

SERVINGS



1

CALORIES



521 kcal

### Ingredients

- 11 oz mandarin orange segments drained canned
- 8 oz cool whip free whipped topping divided thawed
- 1 serving ice cubes
- 0.6 oz jell-o orange flavor gelatin sugar free
- 1 cup water cold
- 1.5 cups water boiling

### Equipment

- bowl
- whisk

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add enough ice to cold water to measure 1-1/2 cups.
- Add to gelatin; stir until ice is completely melted.
- Place oranges in 6-cup mold sprayed with cooking spray; cover with 2 cups gelatin. Refrigerate 45 min. or until gelatin is set but not firm.
- Meanwhile, refrigerate remaining gelatin 45 min. or until slightly thickened.
- Whisk in 2 cups COOL WHIP until well blended.
- Pour over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold.
- Serve topped with remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:25.172608364697%

## Nutrients (% of daily need)

Calories: 521.23kcal (26.06%), Fat: 11.46g (17.64%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 101.44g (33.81%), Net Carbohydrates: 96.79g (35.2%), Sugar: 76.65g (85.17%), Cholesterol: 36.29mg (12.1%), Sodium: 290.52mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Vitamin C: 105.72mg (128.14%), Vitamin A: 4488.3IU (89.77%), Vitamin B2: 1.51mg (88.68%), Vitamin B12: 3.36µg (55.94%), Vitamin B1: 0.61mg (40.71%), Calcium: 302.3mg (30.23%), Phosphorus: 212.51mg (21.25%), Vitamin B6: 0.41mg (20.66%), Potassium: 670.24mg (19.15%), Fiber: 4.65g (18.6%), Zinc: 2.42mg (16.15%), Magnesium: 59.26mg (14.82%), Copper: 0.29mg (14.73%), Folate: 54.66µg (13.66%), Selenium: 9.19µg (13.13%), Vitamin B3: 2.21mg (11.07%), Iron: 0.93mg (5.18%), Vitamin E: 0.67mg (4.48%)