



Mango, Berry and Lemon Mousse Dessert

READY IN



60 min.

SERVINGS



24

CALORIES



112 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 1 cup knudsen cream sour
- 6 oz jell-o lemon flavor gelatin
- 1 large mangos peeled chopped
- 1.3 cups raspberries fresh
- 1.3 cups ritz crackers crushed finely
- 0.3 cup sugar
- 1 cup water boiling
- 2.5 cups cool whip whipped topping divided thawed

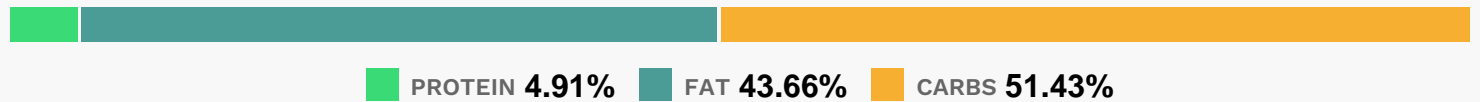
Equipment

- bowl
- frying pan
- whisk
- blender

Directions

- Add boiling water to gelatin mixes; stir 2 min. until completely dissolved.
- Pour into blender.
- Add sour cream; blend until smooth.
- Pour into large bowl. Refrigerate 15 min. or until cooled. Meanwhile, mix cracker crumbs, sugar and butter; press onto bottom of 13x9-inch pan.
- Whisk 2 cups COOL WHIP into gelatin mixture until blended; spread over crust. Top with fruit. Refrigerate 30 min. or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:1.9734782628391%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 112.3kcal (5.62%), Fat: 5.59g (8.6%), Saturated Fat: 2.42g (15.16%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 14.2g (5.17%), Sugar: 12.06g (13.4%), Cholesterol: 5.81mg (1.94%), Sodium: 92.15mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 4.87mg (5.9%), Vitamin A: 245.45IU (4.91%), Phosphorus: 35.15mg (3.52%), Manganese: 0.07mg (3.31%), Vitamin K: 2.81µg (2.67%), Vitamin E: 0.39mg (2.6%), Fiber: 0.62g (2.46%), Vitamin B2: 0.04mg (2.43%), Calcium: 23.79mg (2.38%), Folate: 8.32µg (2.08%), Selenium: 1.24µg (1.77%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.48%), Potassium: 49.05mg (1.4%), Vitamin B3: 0.27mg (1.33%), Iron: 0.22mg (1.23%), Magnesium: 4.65mg (1.16%), Vitamin B6: 0.02mg (1.07%)