



No-Fuss Sweet Potato Pumpkin Mousse

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



180 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree 100% pure canned
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 0.5 teaspoon pumpkin pie spice
- 15 ounce cut sweet potatoes in syrup drained canned ()
- 2 cups whipped dessert topping

Equipment

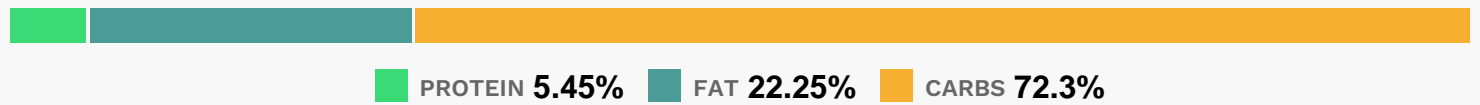
- food processor

bowl

Directions

- Puree sweet potatoes and reserved syrup in a food processor.
- Add pumpkin, honey, pie spice, and cinnamon, and process until blended and smooth.
- Scrape into a large bowl.
- Fold in the whipped cream (don't over mix) and serve, or store mousse tightly covered in the refrigerator for up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:14.48, Inflammation Score:-10, Nutrition Score:11.226521839266%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.37kcal (9.02%), Fat: 4.7g (7.23%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 30.06g (10.93%), Sugar: 18.51g (20.57%), Cholesterol: 15.2mg (5.07%), Sodium: 44.79mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 21222.88IU (424.46%), Manganese: 0.36mg (17.77%), Fiber: 4.32g (17.29%), Vitamin K: 13.09µg (12.47%), Potassium: 423.41mg (12.1%), Vitamin B6: 0.2mg (10.02%), Copper: 0.19mg (9.57%), Vitamin B5: 0.92mg (9.22%), Magnesium: 36.83mg (9.21%), Iron: 1.53mg (8.52%), Phosphorus: 76.78mg (7.68%), Vitamin E: 1.07mg (7.14%), Calcium: 63.54mg (6.35%), Vitamin B2: 0.1mg (5.89%), Vitamin C: 4.79mg (5.81%), Vitamin B1: 0.08mg (5.33%), Folate: 17.23µg (4.31%), Vitamin B3: 0.69mg (3.46%), Zinc: 0.45mg (2.97%), Selenium: 1.12µg (1.6%)