



OREO® Strawberry Mousse Cake

READY IN



300 min.

SERVINGS



14

CALORIES



269 kcal

Ingredients

- 2 Tbsp butter melted
- 29 oreo cookies divided
- 2 cups strawberries pureed
- 2 pkg jell-o strawberry flavor gelatin (4-serving size each)
- 1 cup water boiling
- 1 cup water cold
- 1.5 cups whipping cream divided

Equipment

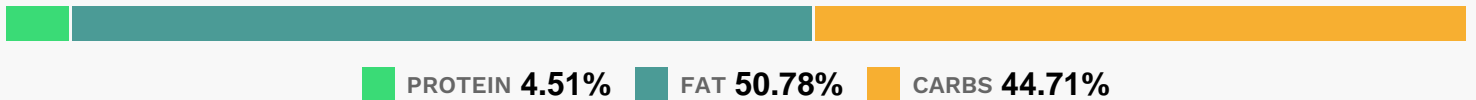
- bowl

- frying pan
- knife
- hand mixer
- spatula
- springform pan

Directions

- Cut 3 of the cookies in half; set aside. Finely crush 12 of the remaining cookies; mix with margarine. Press firmly onto bottom of 9-inch springform pan; stand remaining 14 cookies around edge of pan.
- Dissolve gelatin in boiling water in large bowl; stir in cold water and strawberry puree. Refrigerate until slightly thickened.
- Beat gelatin with electric mixer on high speed 2 minutes or until foamy. Gently stir in 2 cups of the whipped cream. If necessary, refrigerate until mixture is thick enough to mound. Spoon into crust. Refrigerate 4 hours or until firm. Run knife or metal spatula around rim of pan to loosen dessert; remove rim of pan. Top with remaining whipped cream and halved cookies.
- Garnish with additional strawberries and mint sprig, if desired. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:5.5156521512114%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 5.11mg, Pelargonidin: 5.11mg, Pelargonidin: 5.11mg, Pelargonidin: 5.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg,
Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 269.26kcal (13.46%), Fat: 15.62g (24.04%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 29.83g (10.85%), Sugar: 22.32g (24.79%), Cholesterol: 28.82mg (9.6%), Sodium: 180.67mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Iron: 3.13mg (17.41%), Vitamin C: 12.25mg (14.85%), Manganese: 0.25mg (12.48%), Vitamin A: 449.36IU (8.99%), Vitamin K: 8.08µg (7.69%), Vitamin B2: 0.12mg (6.9%), Vitamin E: 0.97mg (6.47%), Phosphorus: 60.43mg (6.04%), Copper: 0.12mg (5.77%), Folate: 21.5µg (5.38%), Fiber: 1.13g (4.53%), Selenium: 2.95µg (4.22%), Magnesium: 16.78mg (4.2%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.74mg (3.72%), Potassium: 115.56mg (3.3%), Calcium: 27.32mg (2.73%), Vitamin D: 0.41µg (2.72%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.69%), Vitamin B6: 0.02mg (1.23%)