



Pumpkin Mousse

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



65 kcal

Ingredients

- 15 oz pumpkin canned
- 3 cups milk fat-free cold
- 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1 tsp pumpkin pie spice
- 1 cup cool whip lite whipped topping thawed

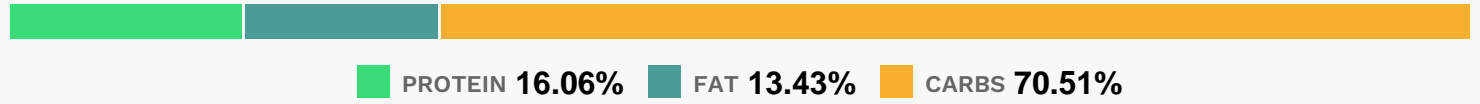
Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk in medium bowl with whisk 2 min.
- Add pumpkin and spice; mix well. Stir in COOL WHIP.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:7.9917390761168%

Nutrients (% of daily need)

Calories: 65.27kcal (3.26%), Fat: 1g (1.54%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 10.78g (3.92%), Sugar: 9.5g (10.55%), Cholesterol: 1.96mg (0.65%), Sodium: 61.46mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 5644.99IU (112.9%), Calcium: 95.7mg (9.57%), Phosphorus: 82.83mg (8.28%), Vitamin B2: 0.11mg (6.22%), Vitamin B12: 0.37µg (6.13%), Vitamin K: 5.91µg (5.63%), Potassium: 183.48mg (5.24%), Vitamin D: 0.67µg (4.49%), Fiber: 1.08g (4.31%), Magnesium: 16.13mg (4.03%), Manganese: 0.08mg (3.87%), Vitamin B5: 0.36mg (3.6%), Vitamin B1: 0.04mg (2.95%), Iron: 0.53mg (2.95%), Vitamin B6: 0.06mg (2.86%), Vitamin E: 0.41mg (2.73%), Zinc: 0.35mg (2.31%), Selenium: 1.57µg (2.25%), Copper: 0.04mg (2.07%), Vitamin C: 1.52mg (1.84%), Folate: 5.7µg (1.42%), Vitamin B3: 0.21mg (1.06%)