



Quick French Vanilla Mousse

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



99 kcal

Ingredients

- 2 cups milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 0.3 cup maxwell house international cafã% vanilla cafã© french sugar free
- 1 cup cool whip whipped topping sugar free thawed

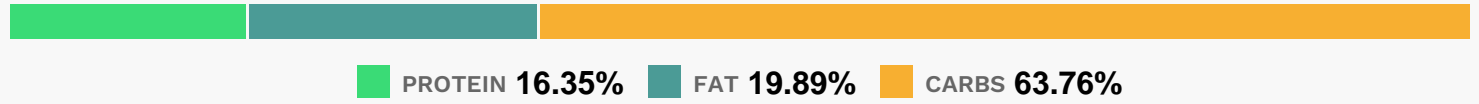
Equipment

- bowl
- whisk

Directions

- Beat first 3 ingredients in medium bowl with whisk 2 min.
- Stir in COOL WHIP.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:3.1560869702826%

Nutrients (% of daily need)

Calories: 98.63kcal (4.93%), Fat: 1.73g (2.66%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 12.43g (4.52%), Sugar: 11.92g (13.24%), Cholesterol: 2.7mg (0.9%), Sodium: 73.27mg (3.19%), Alcohol: 2.98g (100%), Alcohol %: 3.51% (100%), Protein: 3.2g (6.39%), Calcium: 117.86mg (11.79%), Phosphorus: 97.25mg (9.72%), Vitamin B12: 0.5µg (8.31%), Vitamin B2: 0.13mg (7.48%), Vitamin D: 0.9µg (5.99%), Potassium: 162.78mg (4.65%), Vitamin A: 175.85IU (3.52%), Vitamin B1: 0.05mg (3.28%), Vitamin B5: 0.29mg (2.95%), Magnesium: 11.72mg (2.93%), Selenium: 1.98µg (2.82%), Vitamin B6: 0.05mg (2.61%), Zinc: 0.39mg (2.6%), Manganese: 0.02mg (1.14%)