

Seafood Mousse

 Gluten Free

READY IN



615 min.

SERVINGS



6

CALORIES



504 kcal

Ingredients

- ☐ 0.8 cup celery minced
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.8 cup onion minced
- ☐ 2 cups shrimp minced cooked

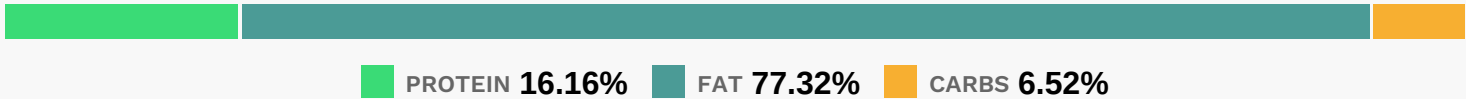
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, heat soup and add cream cheese.
- ☐ Heat until cheese is dissolved into the soup. Dissolve gelatin into the soup mixture and add lemon juice, mayonnaise, onion, celery and shrimp. Cook until heated through.
- ☐ Grease a 6 cup fish mold or other mold with extra mayonnaise or non-stick spray. Fill mold firmly with mixture. Smooth off the top and chill in refrigerator overnight.
- ☐ Invert mold onto platter and shake to release the mousse from mold.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:10.652173783468%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 503.99kcal (25.2%), Fat: 43.64g (67.15%), Saturated Fat: 12.67g (79.17%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.4g (3.78%), Cholesterol: 186.41mg (62.14%), Sodium: 724.91mg (31.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.04%), Vitamin K: 74.16µg (70.63%), Phosphorus: 241.77mg (24.18%), Copper: 0.42mg (20.87%), Vitamin E: 2.3mg (15.32%), Vitamin A: 732.38IU (14.65%), Calcium: 116.82mg (11.68%), Potassium: 380.12mg (10.86%), Zinc: 1.42mg (9.44%), Magnesium: 37.71mg (9.43%), Manganese: 0.17mg (8.74%), Vitamin B5: 0.81mg (8.07%), Selenium: 5.64µg (8.05%), Vitamin B2: 0.13mg (7.62%), Iron: 0.87mg (4.81%), Folate: 15.48µg (3.87%), Vitamin C: 2.94mg (3.56%), Fiber: 0.85g (3.42%), Vitamin B6: 0.06mg (3.19%), Vitamin B12: 0.15µg (2.47%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.24mg (1.18%)