



Simple Strawberry Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 2 cups strawberries quartered
- ☐ 3 tablespoons sugar
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

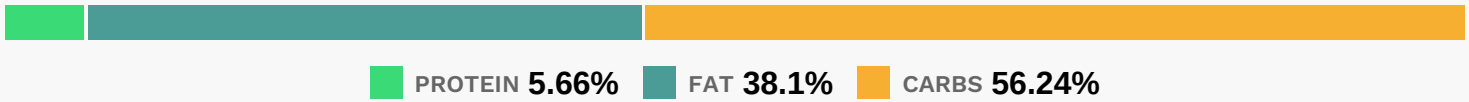
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine the strawberries and sugar in a blender, and process until smooth.
- ☐ Combine strawberry puree and sour cream in a large bowl, stirring well with a whisk. Fold whipped topping into strawberry mixture. Spoon into 6 (6-ounce) custard cups. Cover and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:3.7813042454098%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 106.53kcal (5.33%), Fat: 4.65g (7.16%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 14.49g (5.27%), Sugar: 12.8g (14.22%), Cholesterol: 7.08mg (2.36%), Sodium: 29.95mg (1.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin C: 28.4mg (34.42%), Manganese: 0.19mg (9.28%), Calcium: 48.08mg (4.81%), Phosphorus: 39mg (3.9%), Fiber: 0.96g (3.84%), Potassium: 133.13mg (3.8%), Folate: 14.19µg (3.55%), Vitamin B2: 0.05mg (3.03%), Magnesium: 9.47mg (2.37%), Vitamin B12: 0.12µg (1.97%), Vitamin E: 0.29mg (1.94%), Selenium: 1.27µg (1.82%), Vitamin K: 1.75µg (1.67%), Vitamin A: 82.5IU (1.65%), Vitamin B1: 0.02mg (1.53%), Vitamin B6: 0.03mg (1.51%), Copper: 0.03mg (1.42%), Iron: 0.23mg (1.29%), Zinc: 0.18mg (1.22%), Vitamin B3: 0.22mg (1.09%)