



Strawberry Mousse Dessert

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



12

CALORIES



75 kcal

Ingredients

- 1.5 cups strawberries sliced
- 1 pkg strawberry gelatin (8 serving size)
- 1 cup water cold
- 8 ounce non-dairy whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Stir boiling water into dry gelatin mix in large bowl 2 minutes or until completely dissolved. Stir in cold water.
- Place strawberries in 6-cup mold; cover with 2 cups of the gelatin. Refrigerate 30 minutes or until gelatin is set but not firm (gelatin should stick to finger).
- Meanwhile, refrigerate remaining gelatin 30 minutes or until slightly thickened (consistency of unbeaten egg whites).
- Add 2 cups of the whipped topping; stir with wire whisk until well blended. Spoon over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold.
- Serve topped with remaining whipped topping. Store leftover gelatin in refrigerator.

Nutrition Facts

 **PROTEIN 6.46%**  **FAT 29.67%**  **CARBS 63.87%**

Properties

Glycemic Index:3.33, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.5426086906506%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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 Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 75.08kcal (3.75%), Fat: 2.53g (3.89%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 11.89g (4.32%), Sugar: 11.44g (12.71%), Cholesterol: 0.38mg (0.13%), Sodium: 47.78mg (2.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin C: 10.58mg (12.83%), Manganese: 0.07mg (3.51%), Phosphorus: 28.29mg (2.83%), Calcium: 17.1mg (1.71%), Fiber: 0.36g (1.44%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.4%), Potassium: 47.12mg (1.35%), Folate: 5.1µg (1.27%), Copper: 0.02mg (1.1%)