



This Easy Raspberry Mousse Pie Is Our Favorite No-Bake Dessert for a Party or Special Meal

READY IN



1230 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- 1 stick pam original flavor shopping list
- 7 graham crackers
- 3 tablespoons juice of lemon fresh
- 2.3 teaspoons gelatin powder (from one)
- 1.5 pounds raspberries fresh
- 0.5 cup sugar
- 2 cups cup heavy whipping cream cold

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- knife
- sieve
- blender
- baking pan
- hand mixer
- spatula
- measuring cup
- kitchen scissors
- offset spatula

Directions

- Lightly coat a 9-inch square metal baking pan with cooking spray and line with parchment paper, leaving a 2-inch overhang on all sides. Arrange graham crackers in an even layer in pan, breaking them to fit as necessary.
- Place lemon juice in a small bowl and sprinkle with gelatin.
- Let sit until gelatin softens, 3 minutes.
- In a blender, puree 2 cups raspberries until smooth, scraping down bowl as needed.
- Pour through a fine-mesh sieve into a measuring cup, pressing on solids (you should have about 1 cup of puree); discard solids.
- In a small saucepan, combine raspberry puree and 1/2 cup sugar over medium. Cook until bubbles form at edge.
- Add gelatin mixture and cook, stirring constantly, just until gelatin dissolves, about 1 minute.
- Transfer mixture to a small bowl and let cool to room temperature, 20 minutes.

- In a large bowl, using an electric mixer, beat cream and 2 tablespoons sugar on medium-high until firm peaks form, about 4 minutes. With a rubber spatula, gently fold in raspberry puree mixture until combined.
- Pour over graham crackers. Smooth top with an offset spatula and arrange 3 cups raspberries on top. Refrigerate until set, about 2 hours (or up to overnight).
- Using parchment, gently lift pie out of pan and place on a serving plate. Peel away parchment from sides of pie; trim excess paper with scissors or a sharp knife.
- Cut into 12 pieces to serve.

Nutrition Facts

PROTEIN 4.99%

FAT 57.74%

CARBS 37.27%

Properties

Glycemic Index:14.17, Glycemic Load:11.01, Inflammation Score:-5, Nutrition Score:6.1130434637484%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 235.06kcal (11.75%), Fat: 15.61g (24.01%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 18.7g (6.8%), Sugar: 13.95g (15.5%), Cholesterol: 44.82mg (14.94%), Sodium: 66.74mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin C: 16.54mg (20.05%), Manganese: 0.38mg (19.09%), Fiber: 3.97g (15.9%), Vitamin A: 602.04IU (12.04%), Vitamin B2: 0.12mg (7.03%), Vitamin E: 0.86mg (5.76%), Phosphorus: 56.54mg (5.65%), Vitamin K: 5.69µg (5.42%), Magnesium: 20.46mg (5.11%), Calcium: 47.53mg (4.75%), Folate: 18.23µg (4.56%), Iron: 0.78mg (4.35%), Vitamin D: 0.63µg (4.23%), Potassium: 141.9mg (4.05%), Copper: 0.08mg (3.76%), Vitamin B3: 0.68mg (3.39%), Zinc: 0.5mg (3.3%), Vitamin B1: 0.05mg (3.05%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.05mg (2.75%), Selenium: 1.65µg (2.36%), Vitamin B12: 0.06µg (1.06%)