



Whipped Cream Mousse Frosting

 **Gluten Free**  **Popular**

READY IN



10 min.

SERVINGS



15

CALORIES



116 kcal

Ingredients

- 1 cup heavy whipping cream
- 3.5 ounce vanilla pudding mix instant
- 0.3 cup milk
- 1 teaspoon vanilla extract
- 3 cups non-dairy whipped topping frozen thawed cool whip® (such as)

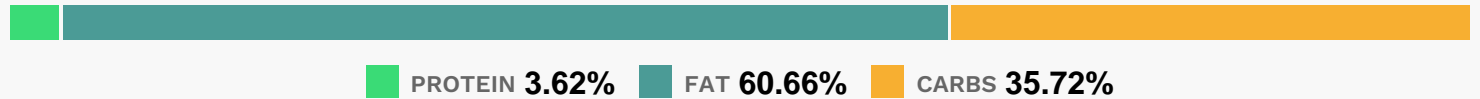
Equipment

- bowl
- whisk
- hand mixer

Directions

- Beat the whipping cream, instant pudding mix, milk, and vanilla extract together with an electric hand mixer in a large bowl until soft peaks start to form. Lift your beater or whisk straight up: the mixture will form soft mounds rather than a sharp peak.
- Fold the whipped topping into the whipping cream mixture to evenly mix. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.1008695726809%

Nutrients (% of daily need)

Calories: 115.83kcal (5.79%), Fat: 7.85g (12.08%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 10.36g (3.77%), Sugar: 9.48g (10.53%), Cholesterol: 18.72mg (6.24%), Sodium: 58.66mg (2.55%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.05g (2.11%), Vitamin A: 250.93IU (5.02%), Vitamin B2: 0.05mg (2.94%), Calcium: 26.48mg (2.65%), Phosphorus: 24.56mg (2.46%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.22mg (1.49%), Selenium: 0.97µg (1.39%), Vitamin B12: 0.08µg (1.29%), Potassium: 38.04mg (1.09%)