



White Chocolate Orange Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



31 kcal

Ingredients

- 1.5 cups milk fat-free cold
- 1 pkg jell-o chocolate flavor pudding fat free white sugar free instant (4-serving size)
- 1 tsp orange zest grated
- 2 cups cool whip lite whipped topping thawed

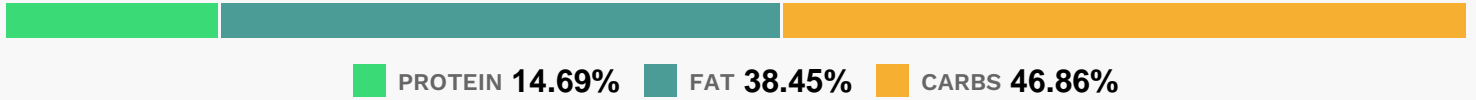
Equipment

- bowl
- whisk

Directions

- Pour milk into medium bowl.
- Add pudding mix. Beat with wire whisk 1 minute. Gently stir in whipped topping and orange zest. Spoon into dessert dishes.
- Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.0434782558485%

Nutrients (% of daily need)

Calories: 31.11kcal (1.56%), Fat: 1.33g (2.05%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.64g (4.05%), Cholesterol: 0.94mg (0.31%), Sodium: 18.2mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Calcium: 39.66mg (3.97%), Phosphorus: 33.69mg (3.37%), Vitamin B12: 0.16µg (2.7%), Vitamin B2: 0.04mg (2.43%), Vitamin D: 0.27µg (1.8%), Potassium: 51.46mg (1.47%), Vitamin A: 57.94IU (1.16%), Vitamin B1: 0.02mg (1.06%), Selenium: 0.73µg (1.05%)