



10-Minute White Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



189 kcal

DESSERT

Ingredients

- 1 oz chocolate white (from 6-oz package)
- 6 servings baker's chocolate white grated
- 1 box chocolate pudding white instant (4-serving size)
- 0.8 cup soymilk
- 1 tablespoon soymilk
- 6 servings strawberries fresh
- 2 cups cool whip fat-free frozen thawed ()

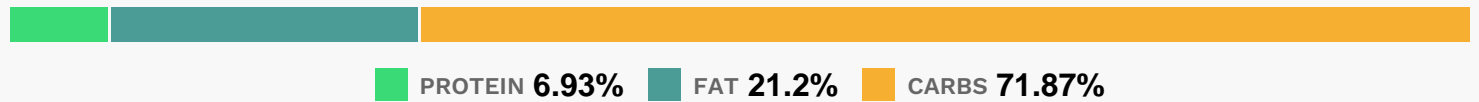
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 1-quart saucepan, place 1 tablespoon soymilk and 1 oz baking bar.
- Heat over low heat, stirring constantly, until baking bar is melted and mixture is smooth. Cool slightly.
- Meanwhile, in medium bowl, beat 3/4 cup soymilk and the pudding mix with wire whisk until mixture is blended and thickened. Stir in melted white baking bar mixture until well blended. Fold in whipped topping.
- To serve, spoon into individual dessert dishes; serve immediately or refrigerate until serving time. Just before serving, top with berries; sprinkle with grated white baking bar.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:12.838695754176%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 188.69kcal (9.43%), Fat: 4.66g (7.17%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 31.71g (11.53%), Sugar: 25.51g (28.34%), Cholesterol: 4.99mg (1.66%), Sodium: 268.57mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 87mg (105.45%), Manganese: 0.66mg (32.83%), Vitamin B2: 0.27mg (16.07%), Fiber: 3.86g (15.44%), Folate: 50.14µg (12.54%), Vitamin B12: 0.74µg (12.37%), Calcium: 107.17mg (10.72%), Copper: 0.2mg (10.25%), Potassium: 352.01mg (10.06%), Vitamin B3: 1.79mg (8.93%), Vitamin B6: 0.18mg (8.89%), Vitamin E: 1.31mg (8.71%), Magnesium: 31.76mg (7.94%), Phosphorus: 75.4mg (7.54%), Vitamin B1: 0.1mg (6.5%), Iron: 1.15mg (6.37%), Selenium: 2.76µg (3.94%), Zinc: 0.59mg (3.91%), Vitamin K: 4.01µg (3.82%), Vitamin A: 188.21IU (3.76%), Vitamin D: 0.38µg (2.56%), Vitamin B5: 0.21mg (2.14%)