



10-Minute White Chocolate Mousse

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



86 kcal

DESSERT

Ingredients

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

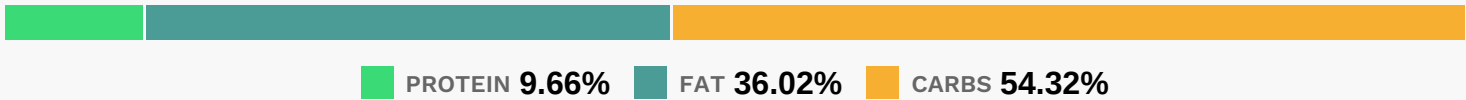
Equipment

- ☐ 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:2.82, Inflammation Score:-2, Nutrition Score:5.0400000007256%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 85.8kcal (4.29%), Fat: 3.56g (5.48%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 11.34g (4.12%), Sugar: 8.8g (9.77%), Cholesterol: 4.99mg (1.66%), Sodium: 38.61mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 16.44mg (19.93%), Vitamin B2: 0.24mg (13.95%), Vitamin B12: 0.74µg (12.37%), Calcium: 85.22mg (8.52%), Vitamin B3: 1.27mg (6.37%), Vitamin E: 0.94mg (6.3%), Vitamin B6: 0.12mg (5.97%), Folate: 20.63µg (5.16%), Manganese: 0.1mg (5%), Vitamin B1: 0.07mg (4.39%), Potassium: 123.81mg (3.54%), Vitamin A: 173.85IU (3.48%), Copper: 0.06mg (3.2%), Phosphorus: 31.75mg (3.18%), Fiber: 0.75g (2.99%), Selenium: 1.81µg (2.58%), Vitamin D: 0.38µg (2.56%), Iron: 0.3mg (1.69%), Zinc: 0.24mg (1.59%), Magnesium: 6.24mg (1.56%)