



10-Minute White Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



136 kcal

DESSERT

Ingredients

- 1 oz chocolate white (from 6-oz package)
- 1 box chocolate pudding white instant (4-serving size)
- 0.8 cup soymilk
- 2 cups cool whip fat-free frozen thawed ()

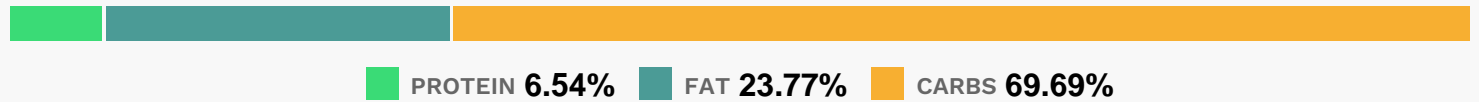
Equipment

- 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:17.24, Glycemic Load:2.25, Inflammation Score:-2, Nutrition Score:4.10913044408467%

Nutrients (% of daily need)

Calories: 136.47kcal (6.82%), Fat: 3.66g (5.63%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 23.33g (8.48%), Sugar: 18.39g (20.44%), Cholesterol: 4.99mg (1.66%), Sodium: 265.64mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin B2: 0.24mg (13.86%), Vitamin B12: 0.72µg (11.92%), Calcium: 79.62mg (7.96%), Vitamin B3: 1.13mg (5.67%), Vitamin E: 0.82mg (5.48%), Vitamin B6: 0.1mg (5.2%), Copper: 0.1mg (5.03%), Vitamin B1: 0.06mg (3.99%), Phosphorus: 36.84mg (3.68%), Folate: 14.5µg (3.63%), Potassium: 119.87mg (3.42%), Vitamin A: 161.1IU (3.22%), Fiber: 0.8g (3.21%), Manganese: 0.06mg (2.95%), Selenium: 2.04µg (2.92%), Vitamin C: 2.15mg (2.6%), Magnesium: 9.77mg (2.44%), Vitamin D: 0.35µg (2.36%), Iron: 0.37mg (2.05%), Zinc: 0.28mg (1.88%)