



Cappuccino Mousse



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 0.8 cup strong coffee decoction cold
- ☐ 1 package vanilla pudding instant (4-serving size)
- ☐ 2 tablespoons sugar
- ☐ 2 cups whipping cream (heavy)
- ☐ 0.3 cup sugar

Equipment

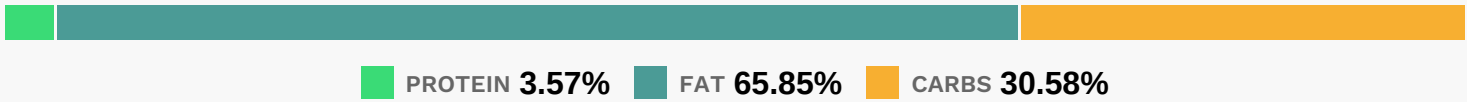
- ☐ bowl

- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In large bowl, beat milk, coffee, pudding mix (dry) and 2 tablespoons sugar with wire whisk about 2 minutes or until slightly thickened.
- ☐ In chilled large bowl, beat whipping cream and 1/4 cup sugar with electric mixer on high speed until stiff. Gently stir whipped cream into coffee mixture.
- ☐ Spoon into individual dessert dishes. Refrigerate about 15 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:9.33, Inflammation Score:-6, Nutrition Score:4.8291303981905%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 402.55kcal (20.13%), Fat: 30.05g (46.23%), Saturated Fat: 19.02g (118.86%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 31.3g (11.38%), Sugar: 29.28g (32.53%), Cholesterol: 94.53mg (31.51%), Sodium: 139.19mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 3.67g (7.34%), Vitamin A: 1232.08IU (24.64%), Vitamin B2: 0.23mg (13.66%), Vitamin D: 1.72µg (11.44%), Calcium: 103.9mg (10.39%), Phosphorus: 88.3mg (8.83%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.75mg (5.02%), Selenium: 3.37µg (4.82%), Potassium: 154.33mg (4.41%), Vitamin B5: 0.43mg (4.29%), Vitamin B1: 0.04mg (2.85%), Magnesium: 11.32mg (2.83%), Vitamin B6: 0.05mg (2.64%), Vitamin K: 2.69µg (2.56%), Zinc: 0.37mg (2.45%)