



Chocolate-Almond-Whip Dessert Shooters



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 1 cup whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 teaspoon almond extract
- ☐ 1 serving slivered almonds

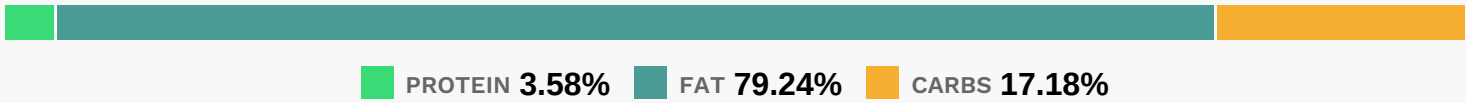
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, beat whipping cream, powdered sugar, cocoa and almond extract with electric mixer on low speed 1 minute. Scrape down sides of bowl. Beat on medium-high speed until soft peaks form.
- ☐ Spoon whipped chocolate mixture into decorating bag. Pipe mixture evenly into 8 shot glasses.
- ☐ Garnish with almonds. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.7995652180651%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 119.67kcal (5.98%), Fat: 10.97g (16.88%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.88g (1.77%), Sugar: 4.58g (5.09%), Cholesterol: 33.62mg (11.21%), Sodium: 8.38mg (0.36%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.12g (2.23%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.6%), Vitamin D: 0.48µg (3.17%), Phosphorus: 27.04mg (2.7%), Copper: 0.05mg (2.61%), Manganese: 0.05mg (2.58%), Magnesium: 8.67mg (2.17%), Calcium: 21.62mg (2.16%), Vitamin E: 0.31mg (2.05%), Fiber: 0.48g (1.91%), Selenium: 1.1µg (1.57%), Potassium: 48.44mg (1.38%), Iron: 0.21mg (1.17%), Zinc: 0.16mg (1.07%)