

Chocolate Clouds

 Popular

READY IN



90 min.

SERVINGS



24

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 1 cup milk low-fat
- ☐ 17.3 ounce puff pastry frozen thawed pepperidge farm® (such as)
- ☐ 8 ounce non-dairy whipped topping frozen thawed

Equipment

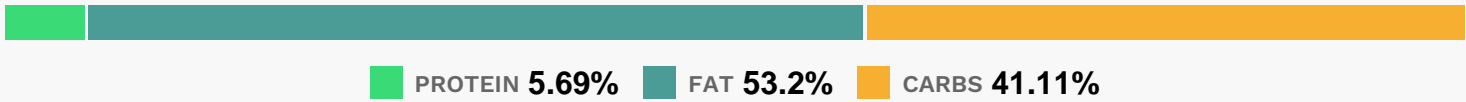
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ whisk
- ☐ pastry bag
- ☐ butter knife

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Unfold both sheets of puff pastry and lay onto a lightly floured work surface.
- ☐ Cut each sheet into 3 strips along the fold marks, then cut each strip into 4 squares to make 12 pastry squares per sheet.
- ☐ Place squares onto a baking sheet.
- ☐ Bake in the preheated oven until the puff pastry is golden brown, about 15 minutes.
- ☐ Let squares cool completely.
- ☐ Whisk pudding mix and milk in a bowl until thick and smooth, about 1 minute; let stand about 3 minutes to finish thickening. Gently fold whipped topping into pudding.
- ☐ Transfer chocolate mousse mixture into a pastry bag fitted with a medium tip.
- ☐ Use a finger or a butter knife to gently open a corner of a pastry square. Make a small pocket in the pastry with the knife. Pipe about 1 tablespoon of chocolate mousse into the opening; a small amount of mousse will appear at the opening site when the pastry pocket is full. Repeat with remaining pastry squares and mousse mixture. Dust pastries lightly with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:4.99, Inflammation Score:-1, Nutrition Score:2.5356521554615%

Nutrients (% of daily need)

Calories: 155.41kcal (7.77%), Fat: 9.2g (14.16%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.53g (5.65%), Sugar: 6g (6.66%), Cholesterol: 0.68mg (0.23%), Sodium: 127.35mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Selenium: 5.49µg (7.85%), Vitamin B1: 0.09mg

(5.95%), Manganese: 0.12mg (5.85%), Vitamin B2: 0.08mg (4.86%), Vitamin B3: 0.88mg (4.42%), Folate: 16.56µg (4.14%), Vitamin K: 3.67µg (3.5%), Iron: 0.59mg (3.29%), Phosphorus: 32.7mg (3.27%), Calcium: 21.7mg (2.17%), Copper: 0.04mg (2.03%), Fiber: 0.47g (1.89%), Magnesium: 7.18mg (1.8%), Potassium: 48.52mg (1.39%), Vitamin B12: 0.08µg (1.31%), Zinc: 0.19mg (1.26%), Vitamin E: 0.16mg (1.09%)