



Chocolate-Irish Cream Mousse

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 0.3 cup irish cream liqueur
- 1.3 cups milk cold
- 0.5 cup raspberries fresh
- 0.5 oz baker's semi-sweet chocolate shaved
- 2 cups cool whip whipped topping divided thawed

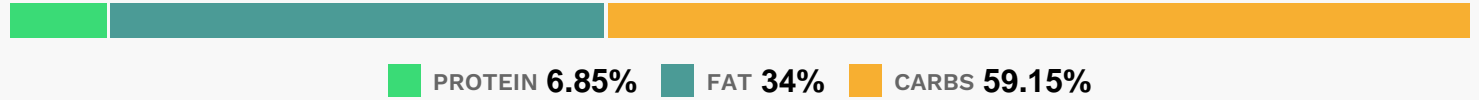
Equipment

- bowl
- whisk

Directions

- Beat pudding mix, milk and liqueur in medium bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP.
- Spoon into 6 dessert dishes. Refrigerate 20 min.
- Top with remaining COOL WHIP, berries and chocolate.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:0.79000000072562%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 41.44kcal (2.07%), Fat: 1.5g (2.31%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.57g (2.03%), Sugar: 4.83g (5.36%), Cholesterol: 1.35mg (0.45%), Sodium: 60.2mg (2.62%), Alcohol: 0.27g (100%), Alcohol %: 1.44% (100%), Protein: 0.68g (1.36%), Phosphorus: 18.43mg (1.84%), Calcium: 17.29mg (1.73%), Manganese: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.27%), Fiber: 0.3g (1.2%), Magnesium: 4.5mg (1.13%), Vitamin B12: 0.07µg (1.1%), Copper: 0.02mg (1.07%)