



## Chocolate Mallow Mousse

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



95 kcal

### Ingredients

- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2 cups marshmallows jet-puffed miniature divided
- 2 cups milk cold
- 2 cups cool whip whipped topping divided thawed

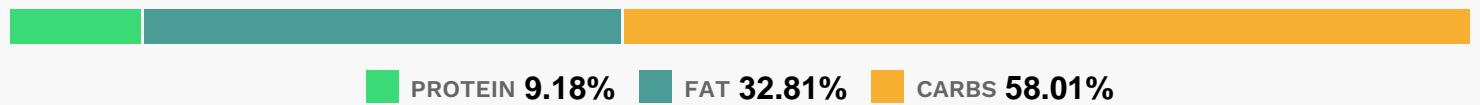
### Equipment

- bowl
- whisk

## Directions

- Pour milk into large bowl.
- Add pudding mixes. Beat with wire whisk 2 minutes. (
- Mixture will be thick.) Gently stir in 1-1/2 cups each of the whipped topping and marshmallows. Spoon into 1-1/2-quart serving bowl.
- Refrigerate at least 1 hour.
- Garnish with remaining 1/2 cup whipped topping and marshmallows.

## Nutrition Facts



## Properties

Glycemic Index:9.85, Glycemic Load:5.78, Inflammation Score:-1, Nutrition Score:1.9369565063845%

## Nutrients (% of daily need)

Calories: 95.44kcal (4.77%), Fat: 3.55g (5.46%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 14.11g (5.13%), Sugar: 11.78g (13.09%), Cholesterol: 6.16mg (2.05%), Sodium: 40.2mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Calcium: 71mg (7.1%), Phosphorus: 61.33mg (6.13%), Vitamin B12: 0.29µg (4.89%), Vitamin B2: 0.08mg (4.77%), Vitamin D: 0.54µg (3.58%), Potassium: 89.32mg (2.55%), Selenium: 1.46µg (2.09%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.18mg (1.83%), Magnesium: 7.2mg (1.8%), Vitamin A: 90.16IU (1.8%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.22mg (1.47%)