



Chocolate Mousse

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

DESSERT

Ingredients

- 6 tablespoons chocolate syrup sugar-free
- 1 envelope gelatin powder unflavored
- 2 tablespoons cocoa powder unsweetened
- 1 cup water cold
- 2.8 cups non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

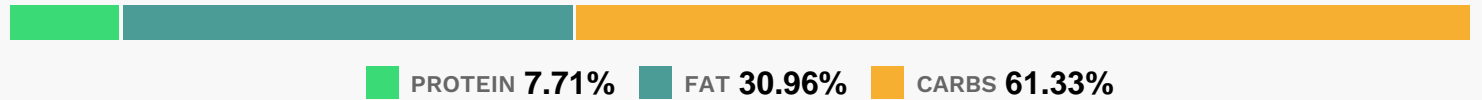
- bowl
- sauce pan

whisk

Directions

- Sprinkle gelatin over cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring constantly, about 3 minutes or until gelatin dissolves.
- Remove from heat; cool.
- Add cocoa and chocolate syrup to gelatin mixture, stirring with a whisk until smooth. Fold in 2 cups whipped topping. Spoon evenly into 6 individual dessert dishes. Cover and chill 2 hours or until firm.
- Spoon into individual dessert bowls. Top each serving with 2 tablespoons whipped topping.
- carbo rating: 10

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5273912861619%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 140.51kcal (7.03%), Fat: 4.96g (7.63%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 20.96g (7.62%), Sugar: 18.07g (20.08%), Cholesterol: 0.69mg (0.23%), Sodium: 43.76mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.03mg (1.68%), Protein: 2.78g (5.55%), Copper: 0.2mg (10.03%), Manganese: 0.14mg (7.08%), Phosphorus: 63.93mg (6.39%), Magnesium: 24.37mg (6.09%), Fiber: 1.14g (4.55%), Iron: 0.7mg (3.89%), Calcium: 31.16mg (3.12%), Potassium: 105.04mg (3%), Vitamin B2: 0.05mg (2.8%), Selenium: 1.8µg (2.58%), Zinc: 0.3mg (2%), Vitamin E: 0.18mg (1.18%), Vitamin K: 1.24µg (1.18%), Vitamin B12: 0.07µg (1.15%)