



Chocolate Mousse Brownie Shots

READY IN



400 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

Ingredients

- 16 oz brownie mix
- 3.9 oz peach pie filling instant
- 1.3 cups milk cold
- 1 cup cup heavy whipping cream

Equipment

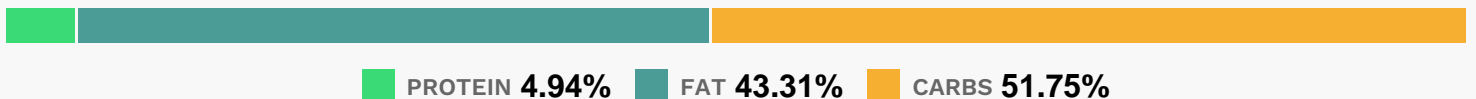
- bowl
- frying pan
- oven

- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake brownie mix as directed on box for cakelike brownies for 8-inch square pan. Cool completely on cooling rack, about 1 1/2 hours.
- Meanwhile, in medium bowl, beat dry pudding mix and milk with whisk about 2 minutes or until thick. In chilled small bowl, beat whipping cream with electric mixer on medium speed until soft peaks form. Fold whipped cream into pudding. Cover and refrigerate until ready to assemble.
- In medium bowl, coarsely crumble a 6x4-inch rectangle of the baked brownies (about 2 1/2 cups). Reserve remaining brownies for another use.
- In each of 22 (2-oz) shot glasses, place 1 heaping teaspoon crumbled brownies; top with rounded 1 tablespoon chocolate mousse. Repeat layers ending with 1 teaspoon crumbled brownies.
- Serve immediately or refrigerate up to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:1.9769565048425%

Nutrients (% of daily need)

Calories: 258.59kcal (12.93%), Fat: 12.56g (19.32%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 33.66g (12.24%), Sugar: 21.82g (24.25%), Cholesterol: 25.46mg (8.49%), Sodium: 129.72mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin A: 334.94IU (6.7%), Iron: 1.11mg (6.16%), Calcium: 44.72mg (4.47%), Vitamin B2: 0.07mg (4.32%), Vitamin D: 0.6µg (3.98%), Phosphorus: 37.82mg (3.78%), Vitamin B12: 0.17µg (2.82%), Potassium: 61.11mg (1.75%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.2mg (1.33%), Vitamin B1: 0.02mg (1.29%), Vitamin B6: 0.02mg (1.2%), Magnesium: 4.62mg (1.16%), Zinc: 0.16mg (1.04%)