



Chocolate Mousse Frosting

READY IN



10 min.

SERVINGS



15

CALORIES



108 kcal

Ingredients

- 1 angel food cake prepared
- 1 cup skim milk fat-free cold
- 1.4 ounces chocolate pudding sugar-free instant
- 8 ounces non-dairy whipped topping frozen thawed reduced-fat

Equipment

- bowl

Directions

- In a bowl, beat milk and pudding mix on low speed for 2 minutes. Fold in whipped topping. Frost the cake.

Nutrition Facts



PROTEIN 9.03% **FAT 17.47%** **CARBS 73.5%**

Properties

Glycemic Index:2.22, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.8521739218546%

Nutrients (% of daily need)

Calories: 107.68kcal (5.38%), Fat: 2.1g (3.25%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 19.86g (7.22%), Sugar: 13.1g (14.56%), Cholesterol: 0.79mg (0.26%), Sodium: 171.22mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Phosphorus: 83.16mg (8.32%), Selenium: 4.22µg (6.03%), Calcium: 51.65mg (5.17%), Vitamin B2: 0.08mg (4.57%), Potassium: 79.39mg (2.27%), Vitamin B12: 0.13µg (2.2%), Vitamin B1: 0.03mg (1.95%), Magnesium: 6.02mg (1.51%), Copper: 0.03mg (1.33%), Manganese: 0.02mg (1.22%), Vitamin D: 0.18µg (1.2%)