



WHATSheATE



Chocolate Mousse in White and Dark Chocolate Shells

READY IN



45 min.

SERVINGS



9

CALORIES



1397 kcal

DESSERT

Ingredients

- ☐ 3.1 chocolate mousse
- ☐ 9 chocolate dessert shells dark white
- ☐ 9 servings garnish: mint fresh

Equipment

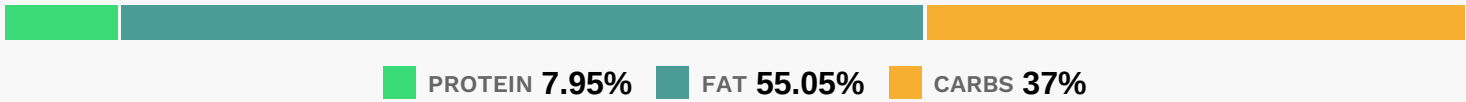
Directions

- ☐ Prepare mousse according to package directions; spoon mousse evenly into cups.

☐

Garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:2.26, Inflammation Score:1, Nutrition Score:7.5791304263732%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 1396.68kcal (69.83%), Fat: 84.16g (129.48%), Saturated Fat: 35.64g (222.78%), Carbohydrates: 127.27g (42.42%), Net Carbohydrates: 113.19g (41.16%), Sugar: 18.44g (20.48%), Cholesterol: 67.92mg (22.64%), Sodium: 811.23mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.37mg (2.12%), Protein: 27.36g (54.71%), Iron: 26.81mg (148.92%), Fiber: 14.08g (56.32%), Manganese: 0.06mg (2.97%), Copper: 0.06mg (2.93%), Magnesium: 11.7mg (2.92%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 14.91mg (1.49%), Zinc: 0.16mg (1.04%)