



Chocolate Mousse Torte

READY IN



200 min.

SERVINGS



20

CALORIES



218 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 7.8 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold divided
- 0.8 cup raspberries fresh
- 4 oz baker's semi-sweet chocolate divided
- 0.3 cup sugar
- 37 vanilla wafers divided
- 8 oz cool whip whipped topping divided thawed

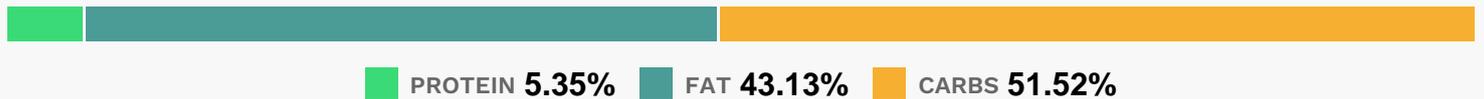
Equipment

- bowl
- frying pan
- whisk
- blender
- plastic wrap

Directions

- Stand 16 wafers around inside edge of plastic wrap-lined 9-inch round pan. Melt 3 oz. chocolate as directed on package.
- Beat pudding mixes and 2 cups milk in medium bowl with whisk 2 min.
- Add melted chocolate; mix well. Stir in 1 cup COOL WHIP; pour into prepared pan.
- Beat cream cheese, sugar and remaining milk with mixer until blended. Stir in 1 cup of the remaining COOL WHIP; spread over pudding. Top with remaining wafers. Refrigerate 3 hours.
- Shave remaining chocolate into curls. Invert torte onto plate; remove plastic wrap. Top torte with remaining COOL WHIP, berries and chocolate curls.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:8.54, Inflammation Score:-2, Nutrition Score:3.609130449917%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 217.6kcal (10.88%), Fat: 10.52g (16.18%), Saturated Fat: 6g (37.5%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 26.97g (9.81%), Sugar: 20.06g (22.29%), Cholesterol: 15.06mg (5.02%), Sodium: 256.3mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.65mg (1.88%), Protein: 2.94g (5.87%), Manganese: 0.15mg (7.41%), Phosphorus: 73.84mg (7.38%), Vitamin B2: 0.11mg (6.27%), Copper: 0.12mg (5.88%), Calcium: 55.06mg (5.51%), Fiber: 1.3g (5.2%), Magnesium: 20.69mg (5.17%), Vitamin B1: 0.07mg (4.63%), Vitamin A: 204.53IU (4.09%), Potassium: 137.43mg (3.93%), Selenium: 2.49µg (3.55%), Vitamin B12: 0.19µg (3.16%), Folate: 12.41µg (3.1%), Iron: 0.56mg (3.09%), Zinc: 0.41mg (2.71%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.19mg (1.9%), Vitamin D: 0.27µg (1.79%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.6µg (1.52%), Vitamin B6: 0.03mg (1.46%), Vitamin C: 1.18mg (1.43%)