Chocolate Mousse with Marshmallow Topping

Gluten Free

READY IN	SERVINGS	CALORIES
5 min.	8	234 kcal

DESSERT

Ingredients

- [ ] 1 block melting chocolate (can use Almond Bark found in the baking aisle)
- [ ] 1 block melting chocolate white (again, Almond Bark)
- [ ] 8 servings chocolate covered cherries
- [ ] 3.9 oz jell-o chocolate flavor pudding instant
- [ ] 8 servings maraschino cherries with stems
- [ ] 7 oz marshmallow crème jet-puffed
- [ ] 2 cups milk
- [ ] 1 cup cool whip whipped topping

- [ ] 8 servings mousse
- [ ] 8 servings mousse

Equipment

- [ ] bowl
- [ ] wax paper
- [ ] microwave

Directions

- [ ] MIX pudding and milk in a medium bowl according to directions on box
- [ ] PLACE in refrigerator until set, about 10 minutes
- [ ] FOLD in COOL WHIP Whipped Topping and mixture is completely combined
- [ ] BEAT ingredients for topping until smooth
- [ ] FILL glasses about 2/3 full with Mousse. TIP - use a plastic resealable bag for smaller glasses
- [ ] PLACE back in refrigerator
- [ ] DRAIN and rinse cherries and pat dry. TIP - the chocolate will stick better if they are dry
- [ ] MELT chocolate in microwave for 30 seconds, stir and heat additional time as needed
- [ ] DIP cherry in chocolate and place on wax paper until set
- [ ] Optional
- [ ] If you want to add graham cracker crumbs, dip cherry in chocolate then in crumbs and let set. You can also add white chocolate to the cherries if you like.
- [ ] ADD Marshmallow Topping on the mousse cup and top with Chocolate Covered Cherry

Nutrition Facts

PROTEIN **4.74%** FAT **21.86%** CARBS **73.4%**

Properties

Glycemic Index:15.4, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:3.4856521668641%

Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 6g (9.22%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 44.23g (16.08%), Sugar: 35.95g (39.94%), Cholesterol: 7.54mg (2.51%), Sodium: 229.1mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.69mg (1.9%), Protein: 2.92g (5.85%), Phosphorus: 90.37mg (9.04%), Calcium: 88.58mg (8.86%), Vitamin B2: 0.12mg (6.98%), Vitamin B12: 0.35µg (5.86%), Magnesium: 22.76mg (5.69%), Copper: 0.1mg (5.08%), Manganese: 0.09mg (4.6%), Potassium: 160.07mg (4.57%), Vitamin D: 0.67µg (4.47%), Fiber: 1.07g (4.29%), Zinc: 0.48mg (3.17%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.24mg (2.41%), Iron: 0.42mg (2.33%), Vitamin B6: 0.04mg (2.24%), Vitamin A: 108.92IU (2.18%), Vitamin K: 1.25µg (1.19%)