



Chocolate Mousse with Raspberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 8 ounce chocolate pudding instant
- ☐ 2 pints raspberries fresh rinsed
- ☐ 1 cup sugar
- ☐ 32 ounces whipping cream fresh

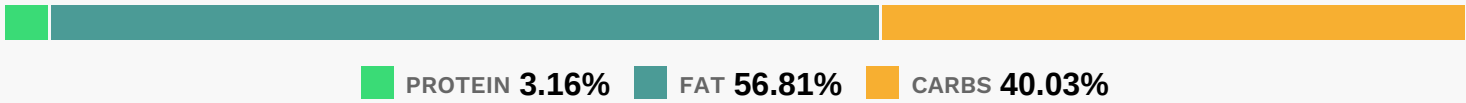
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In a large work bowl, whip the cream with an electric mixer. As cream begins to thicken, slowly add the sugar and continue to whip until soft peaks form.
- ☐ Add the pudding mix and whip just until well blended.
- ☐ Place a few raspberries in the bottom of each glass. Spoon a layer of mousse over berries and repeat layering raspberries and mousse until glasses are filled. Top with a few raspberries, cover with plastic wrap, and chill in refrigerator for at least 1/2 hour or until serving.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:5.4669564806897%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 260.19kcal (13.01%), Fat: 16.93g (26.05%), Saturated Fat: 10.54g (65.84%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 23.36g (8.5%), Sugar: 21.09g (23.43%), Cholesterol: 51.26mg (17.09%), Sodium: 174.87mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Manganese: 0.36mg (17.97%), Vitamin C: 12.67mg (15.36%), Fiber: 3.48g (13.94%), Vitamin A: 682.4IU (13.65%), Vitamin B2: 0.11mg (6.55%), Vitamin E: 0.84mg (5.58%), Vitamin K: 5.31µg (5.06%), Vitamin D: 0.73µg (4.84%), Phosphorus: 48.2mg (4.82%), Magnesium: 18.69mg (4.67%), Copper: 0.09mg (4.42%), Calcium: 43.23mg (4.32%), Potassium: 141.5mg (4.04%), Folate: 12.09µg (3.02%), Iron: 0.52mg (2.91%), Vitamin B5: 0.27mg (2.74%), Selenium: 1.8µg (2.57%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.34mg (1.69%), Vitamin B12: 0.07µg (1.21%)