



Chocolate Orange Mousse with Raspberries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

Ingredients

- 6 servings chocolate shell ice cream topping
- 7 ounce chocolate pudding cups (recommended: Hunt's)
- 1.4 ounce chocolate pudding instant
- 2 tablespoons orange liqueur (recommended: Grand Marnier)
- 6 ounces raspberries fresh
- 1.5 cups whipping cream

Equipment

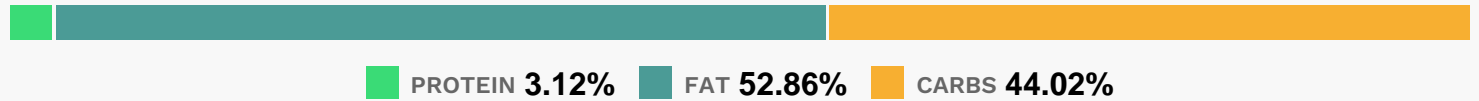
- baking sheet
- baking paper

- mixing bowl
- cookie cutter

Directions

- In a medium mixing bowl, beat together cream and pudding mix until soft peaks form.
- Add the orange liqueur and pudding cup and beat until stiff.
- Transfer to large resealable bag. Snip off 1 of the bottom corners and pipe into wine glasses or martini glasses.
- Serve garnished with fresh raspberries or strawberries and Heart Shaped Chocolate
- Garnish, if desired.
- Cover a baking sheet with parchment paper.
- Place in freezer for at least 30 minutes to chill. Holding heart shaped cookie cutter down, pour a very thin layer of Chocolate Shell ice cream topping into form. Hold for 5 seconds to set. Working quickly, repeat to make as many hearts as desired.
- Place in freezer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:6.1052174101705%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 385.97kcal (19.3%), Fat: 22.52g (34.65%), Saturated Fat: 14.06g (87.89%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 38.89g (14.14%), Sugar: 31.88g (35.42%), Cholesterol: 67.25mg (22.42%), Sodium: 587.37mg (25.54%), Alcohol: 1.3g (100%), Alcohol %: 1.23% (100%), Caffeine: 4.15mg (1.38%), Protein: 2.99g (5.99%), Vitamin A: 884.03IU (17.68%), Manganese: 0.34mg (17.04%), Fiber: 3.3g (13.2%), Vitamin C: 7.79mg (9.44%), Copper: 0.18mg (8.9%), Vitamin B2: 0.15mg (8.59%), Phosphorus: 72.58mg (7.26%), Magnesium: 28.89mg (7.22%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.85mg (5.65%), Potassium: 197.34mg (5.64%), Calcium: 51.66mg (5.17%), Vitamin K: 4.74µg (4.51%), Iron: 0.78mg (4.35%), Selenium: 2.87µg (4.1%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.26mg (2.56%), Folate: 9.56µg (2.39%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.6%), Vitamin B3: 0.31mg (1.55%)