



Chocolate Truffle Mousse Bars

READY IN



120 min.

SERVINGS



1

CALORIES



1484 kcal

DESSERT

Ingredients

- 2 eggs
- 2 Tbsp flour
- 4 oz baker's semi-sweet chocolate divided (6 oz.)
- 0.3 cup sugar
- 1.5 cups cool whip whipped topping thawed
- 0.3 cup whipping cream

Equipment

- bowl

- frying pan
- oven
- whisk
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 325F.
- Line 8-inch square pan with foil, with ends of foil extending over sides. Spray with cooking spray. Microwave 3 oz. chocolate and cream in microwaveable bowl on HIGH 1 min.
- Whisk until chocolate is completely melted; cool.
- Add eggs, sugar and flour; mix well.
- Pour into prepared pan.
- Bake 20 min. or until toothpick inserted in center comes out clean. Cool. Meanwhile, melt 2 oz. chocolate as directed on package; cool.
- Stir COOL WHIP into melted chocolate; spread onto dessert. Refrigerate 1 hour. Use ends of foil to lift dessert from pan.
- Cut into bars. Melt remaining chocolate; drizzle over bars.

Nutrition Facts



PROTEIN 6.61% **FAT 53.29%** **CARBS 40.1%**

Properties

Glycemic Index:145.09, Glycemic Load:43.19, Inflammation Score:-8, Nutrition Score:31.909130539583%

Nutrients (% of daily need)

Calories: 1483.81kcal (74.19%), Fat: 88.34g (135.9%), Saturated Fat: 54.16g (338.49%), Carbohydrates: 149.56g (49.85%), Net Carbohydrates: 140.09g (50.94%), Sugar: 120.18g (133.54%), Cholesterol: 403.65mg (134.55%), Sodium: 234.16mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 97.52mg (32.51%), Protein: 24.64g (49.28%), Manganese: 1.63mg (81.6%), Copper: 1.52mg (76.07%), Selenium: 46.41µg (66.3%), Phosphorus: 603.03mg (60.3%), Magnesium: 225.48mg (56.37%), Iron: 9.6mg (53.33%), Vitamin B2: 0.75mg (44.38%), Fiber:

9.48g (37.91%), Zinc: 4.51mg (30.04%), Vitamin A: 1489.8IU (29.8%), Potassium: 951.61mg (27.19%), Calcium: 241.48mg (24.15%), Vitamin B12: 1.31µg (21.79%), Vitamin B5: 1.91mg (19.07%), Folate: 74.57µg (18.64%), Vitamin E: 2.71mg (18.08%), Vitamin D: 2.71µg (18.08%), Vitamin B1: 0.22mg (14.91%), Vitamin K: 13.98µg (13.31%), Vitamin B6: 0.24mg (11.9%), Vitamin B3: 2.05mg (10.26%)