



Coffee Mousse

READY IN



75 min.

SERVINGS



15

CALORIES



136 kcal

Ingredients

- 8 chocolate chip cookie mix coarsely chopped (2 inch)
- 8 oz philadelphia cream cheese softened
- 0.3 tsp ground cinnamon
- 1 tsp maxwell house coffee instant
- 0.3 cup marshmallows jet-puffed miniature
- 0.7 cup condensed milk sweetened canned
- 1 tsp water hot
- 0.5 cup cool whip whipped topping thawed

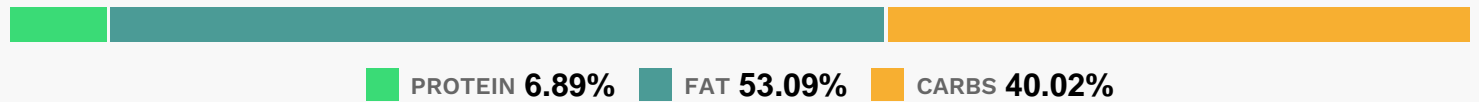
Equipment

- bowl
- whisk
- blender

Directions

- Place chopped cookies in 8 dessert dishes. Dissolve coffee in hot water.
- Beat cream cheese in medium bowl with mixer until creamy. Gradually add condensed milk, beating until well blended after each addition.
- Add coffee; mix well.
- Whisk in COOL WHIP; spoon into dessert dishes. Top with marshmallows and cinnamon.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.48, Glycemic Load:7.14, Inflammation Score:-2, Nutrition Score:2.0269565284252%

Nutrients (% of daily need)

Calories: 135.56kcal (6.78%), Fat: 8.13g (12.51%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.59g (4.94%), Sugar: 11.1g (12.33%), Cholesterol: 20.41mg (6.8%), Sodium: 88.54mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin B2: 0.1mg (6.13%), Phosphorus: 55.63mg (5.56%), Calcium: 55.64mg (5.56%), Selenium: 3.4µg (4.86%), Vitamin A: 241.35IU (4.83%), Potassium: 86.22mg (2.46%), Vitamin B1: 0.04mg (2.37%), Vitamin B5: 0.19mg (1.88%), Magnesium: 7.28mg (1.82%), Folate: 6.88µg (1.72%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.24mg (1.58%), Vitamin E: 0.17mg (1.1%)