



Cold "Hot Chocolate" Trifle

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 6 chocolate-hazelnut pirouette cookies mini store-bought crushed
- ☐ 3 egg whites at room temperature
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 tablespoons marshmallows mini
- ☐ 0.3 cup sugar divided
- ☐ 2.5 ounces baker's chocolate unsweetened

Equipment

- ☐ bowl

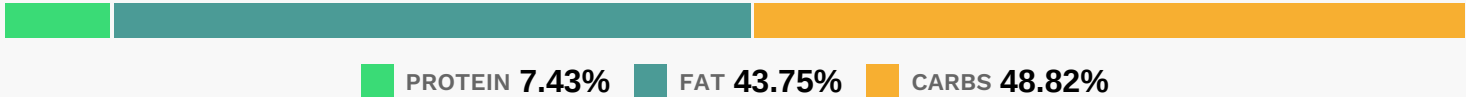
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microwave

Directions

- ☐ In a bowl, beat egg whites and a pinch of salt until soft peaks form.
- ☐ Add 1/4 cup sugar; beat until stiff peaks of meringue form. In a microwave-safe bowl, nuke chocolate in 30-second intervals, stirring after each interval, until melted; let cool slightly. Gently fold chocolate into meringue until just combined. Divide mousse evenly among four 5-ounces glasses. Rinse bowl; add cream and remaining 1 tablespoon sugar; beat until soft peaks form. Top mousse with whipped cream, crushed cookies and marshmallows. Refrigerate at least 2 hours or up to 2
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:22.17, Inflammation Score:-5, Nutrition Score:9.3243479514899%

Flavonoids

Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg Epicatechin: 25.13mg, Epicatechin: 25.13mg, Epicatechin: 25.13mg, Epicatechin: 25.13mg

Nutrients (% of daily need)

Calories: 324.13kcal (16.21%), Fat: 17.3g (26.62%), Saturated Fat: 9.92g (62.03%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 39.86g (14.5%), Sugar: 28.48g (31.64%), Cholesterol: 17.17mg (5.72%), Sodium: 161.97mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.97mg (5.32%), Protein: 6.61g (13.23%), Manganese: 0.87mg (43.4%), Copper: 0.68mg (33.91%), Iron: 3.88mg (21.54%), Magnesium: 71.29mg (17.82%), Fiber: 3.57g (14.27%), Zinc: 1.95mg (13.01%), Vitamin B2: 0.19mg (11.46%), Selenium: 7.73µg (11.05%), Phosphorus: 107.82mg (10.78%), Potassium: 236.66mg (6.76%), Vitamin B1: 0.07mg (4.44%), Vitamin A: 220.82IU (4.42%), Vitamin B3: 0.8mg (4%), Folate: 15.06µg (3.77%), Calcium: 35.44mg (3.54%), Vitamin K: 2.63µg (2.5%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.24µg (1.59%), Vitamin B6: 0.02mg (1.04%)