



Dark Chocolate Mousse

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



120 kcal

Ingredients

- 4 oz baker's bittersweet chocolate melted
- 0.5 cup raspberries fresh
- 8 oz cool whip whipped topping thawed

Equipment

- whisk

Directions

- Add 1 cup COOL WHIP to chocolate; whisk just until blended.

Stir in remaining COOL WHIP; spoon into 6 dessert dishes.

Top with raspberries.

Nutrition Facts

PROTEIN 4.82% **FAT 55.15%** **CARBS 40.03%**

Properties

Glycemic Index:2.6, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.5386956800585%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 119.58kcal (5.98%), Fat: 7.35g (11.31%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.71g (3.9%), Sugar: 9.78g (10.87%), Cholesterol: 1.13mg (0.38%), Sodium: 17.52mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.45g (2.89%), Manganese: 0.19mg (9.52%), Copper: 0.15mg (7.46%), Magnesium: 22.87mg (5.72%), Fiber: 1.3g (5.19%), Phosphorus: 48.01mg (4.8%), Iron: 0.78mg (4.34%), Potassium: 96.26mg (2.75%), Calcium: 24.63mg (2.46%), Zinc: 0.35mg (2.32%), Selenium: 1.51µg (2.16%), Vitamin C: 1.57mg (1.91%), Vitamin K: 2.01µg (1.91%), Vitamin B2: 0.03mg (1.66%), Vitamin E: 0.23mg (1.55%), Vitamin B12: 0.07µg (1.1%)