



Dark Chocolate Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 1.5 cups skim milk
- ☐ 0.5 cup chocolate chips dark
- ☐ 1 box peach pie filling instant (4-serving size)
- ☐ 6 oz vanilla-honey greek yogurt fat free
- ☐ 1.5 cups cool whip frozen thawed
- ☐ 1.5 cups raspberries fresh

Equipment

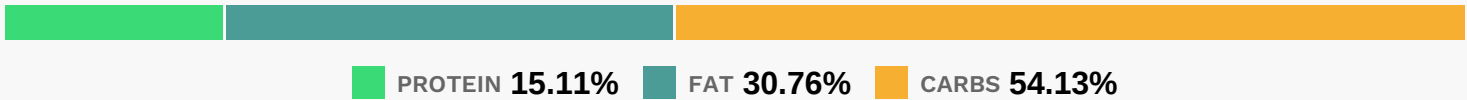
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In small saucepan, combine 1/4 cup of the milk and the chocolate chips. Cook over low heat, stirring constantly, until chocolate is completely melted and mixture is well blended.
- ☐ In medium bowl, combine remaining 1 1/4 cups milk and pudding mix. Beat with wire whisk for 1 to 2 minutes or until mixture is well blended and thickened; stir in yogurt.
- ☐ Blend melted chocolate into pudding mixture; fold in whipped topping. Spoon into individual dessert dishes. Top each serving with additional whipped topping and raspberries.
- ☐ Serve immediately or refrigerate until serving time. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:1.42, Inflammation Score:-3, Nutrition Score:6.374782634818%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 168.21kcal (8.41%), Fat: 5.89g (9.06%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 20.73g (7.54%), Sugar: 15.96g (17.73%), Cholesterol: 5.93mg (1.98%), Sodium: 63.55mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Calcium: 154.34mg (15.43%), Vitamin B2: 0.23mg (13.79%), Vitamin B12: 0.67µg (11.25%), Manganese: 0.22mg (11.19%), Phosphorus: 105.9mg (10.59%), Fiber: 2.6g (10.39%), Vitamin C: 7.94mg (9.62%), Potassium: 288.38mg (8.24%), Zinc: 0.99mg (6.6%), Vitamin B1: 0.09mg

(5.78%), Magnesium: 20.85mg (5.21%), Vitamin B6: 0.09mg (4.73%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.43mg (4.3%), Selenium: 2.63µg (3.75%), Folate: 13.86µg (3.47%), Vitamin E: 0.51mg (3.42%), Vitamin A: 169.2IU (3.38%), Vitamin K: 3.55µg (3.38%), Copper: 0.06mg (2.97%), Vitamin B3: 0.48mg (2.38%), Iron: 0.41mg (2.26%)