



Dark Chocolate Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



243 kcal

DESSERT

Ingredients

- 0.5 cup chocolate chips dark
- 1 box chocolate pudding instant (4-serving size)
- 1.5 cups raspberries fresh
- 1.5 cups skim milk
- 6 oz vanilla-honey greek yogurt fat free
- 1.5 cups non-dairy whipped topping frozen thawed

Equipment

- bowl

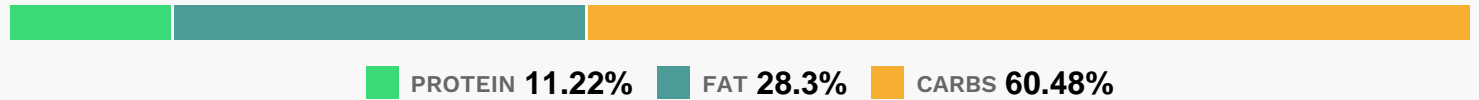
sauce pan

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:6.4600000277809%

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: 242.58kcal (12.13%), Fat: 7.71g (11.87%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 33.99g (12.36%), Sugar: 28.22g (31.35%), Cholesterol: 3.31mg (1.1%), Sodium: 292.11mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Calcium: 149.32mg (14.93%), Manganese: 0.28mg (14.13%), Fiber: 3.1g (12.38%), Phosphorus: 118.53mg (11.85%), Vitamin C: 7.93mg (9.62%), Potassium: 324.75mg (9.28%), Vitamin B2: 0.14mg (8.47%), Vitamin B12: 0.43µg (7.25%), Zinc: 1.05mg (6.99%), Magnesium:

27.86mg (6.97%), Copper: 0.11mg (5.71%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.43mg (4.34%), Vitamin B1: 0.06mg (4.28%), Selenium: 2.91µg (4.16%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.6mg (4.01%), Vitamin B6: 0.08mg (3.86%), Iron: 0.63mg (3.48%), Vitamin A: 150.23IU (3%), Folate: 11.72µg (2.93%), Vitamin B3: 0.46mg (2.32%)