



## Double-Chocolate Mousse

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



25 kcal

### Ingredients

- 2 cups cool whip free whipped topping divided thawed
- 1.5 cups milk fat-free divided
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 0.5 cup raspberries fresh
- 2 oz baker's semi-sweet chocolate

### Equipment

- bowl
- whisk
- microwave

## Directions

- Microwave 1 cup milk and chocolate in large microwaveable bowl on HIGH 2 min.; whisk until chocolate is melted.
- Add remaining milk and dry pudding mix; beat 2 min. Refrigerate 20 min.
- Whisk in 1-1/2 cups COOL WHIP; spoon into 6 dessert dishes.
- Top with remaining COOL WHIP and berries.

## Nutrition Facts



## Properties

Glycemic Index:1.69, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.98304347888283%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 24.51kcal (1.23%), Fat: 0.88g (1.35%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.34g (1.21%), Sugar: 2.66g (2.95%), Cholesterol: 1.1mg (0.37%), Sodium: 23.77mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin B2: 0.04mg (2.49%), Vitamin B12: 0.13µg (2.12%), Calcium: 20.06mg (2.01%), Phosphorus: 19.67mg (1.97%), Manganese: 0.04mg (1.87%), Magnesium: 5.34mg (1.34%), Copper: 0.03mg (1.34%), Fiber: 0.3g (1.2%), Potassium: 36.61mg (1.05%)