



Double-Chocolate Mousse & Sticks

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

Ingredients

- 20 chocolate graham crackers
- 2 oz baker's semi-sweet chocolate
- 1.5 cups cool whip lite whipped topping divided thawed

Equipment

- bowl
- whisk
- microwave

Directions

- Microwave chocolate in small microwaveable bowl on HIGH 1 min., stirring after 30 sec. Stir until chocolate is completely melted.
- Whisk in 1/2 cup COOL WHIP until well blended.
- Whisk in remaining COOL WHIP.
- Refrigerate 30 min.
- Serve as a dip with the grahams.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:0.76608694717288%

Nutrients (% of daily need)

Calories: 44.19kcal (2.21%), Fat: 1.61g (2.48%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.39g (2.32%), Sugar: 2.79g (3.1%), Cholesterol: 0.14mg (0.05%), Sodium: 48.3mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Iron: 0.38mg (2.12%), Phosphorus: 19.91mg (1.99%), Magnesium: 6.82mg (1.71%), Fiber: 0.35g (1.41%), Vitamin B3: 0.28mg (1.4%), Vitamin B2: 0.02mg (1.18%), Zinc: 0.18mg (1.17%), Vitamin B1: 0.02mg (1.13%)