



Easy Chocolate Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

Ingredients

- 3.9 ounce chocolate pudding mix instant
- 1.5 cups milk
- 16 ounce non-dairy whipped topping frozen thawed

Equipment

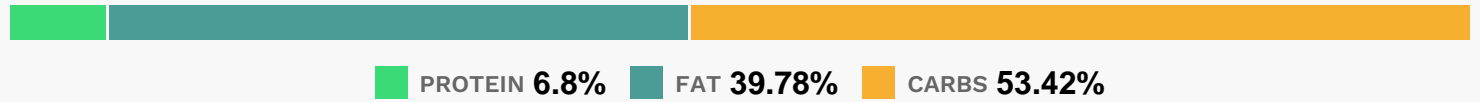
- bowl

Directions

- Prepare the pudding in a large bowl using 1 1/2 cups milk instead of the suggested 2 cups.

Fold in the whipped topping until blended. Refrigerate until chilled and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:6.3652174731959%

Nutrients (% of daily need)

Calories: 413.39kcal (20.67%), Fat: 18.31g (28.17%), Saturated Fat: 14.74g (92.15%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 54.34g (19.76%), Sugar: 49.92g (55.47%), Cholesterol: 13.25mg (4.42%), Sodium: 511.4mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Calcium: 196.37mg (19.64%), Phosphorus: 196.23mg (19.62%), Vitamin B2: 0.24mg (14.33%), Vitamin B12: 0.72µg (12.01%), Potassium: 317.01mg (9.06%), Magnesium: 31.36mg (7.84%), Selenium: 5.15µg (7.36%), Vitamin D: 1.01µg (6.71%), Copper: 0.11mg (5.51%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.08mg (5.11%), Vitamin A: 232.14IU (4.64%), Zinc: 0.66mg (4.4%), Vitamin E: 0.63mg (4.21%), Vitamin K: 4.32µg (4.11%), Vitamin B6: 0.08mg (4.09%), Fiber: 1g (3.98%), Vitamin B5: 0.35mg (3.48%), Iron: 0.47mg (2.61%), Vitamin B3: 0.27mg (1.37%), Folate: 4.23µg (1.06%)