



Easy Chocolate Mousse, Three Ways

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 0.5 cup coconut or crushed toasted
- ☐ 3 tablespoons rum
- ☐ 0.5 cup m&m candies crushed
- ☐ 0.3 cup liquid malt extract
- ☐ 16 ounce cool whip
- ☐ 8 ounces bittersweet chocolate chopped

Equipment

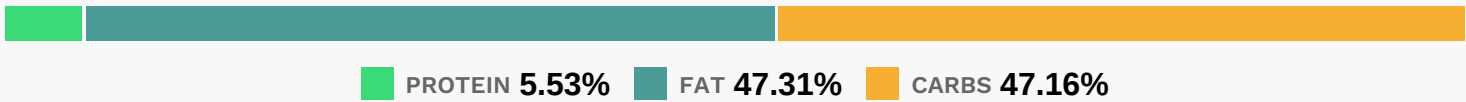
- ☐ bowl

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Place chocolate in a large microwaveable bowl. Melt in microwave for 2 minutes, stirring every 30 seconds. Stir chocolate until smooth.
- ☐ Once chocolate cools, add 1 cup of Cool Whip to the chocolate, stirring quickly. Continue folding in the rest of the Cool Whip in 2 batches, until there are no visible streaks.
- ☐ Divide mousse into thirds.
- ☐ Place one-third of the mousse into a medium-size zip-locking plastic bag, cut off one corner, and pipe mousse onto 6 spoons, about 1 tablespoon per spoon. Top with your favorite toping, such as toasted coconut, slivered nuts, or crushed candy.
- ☐ Fold malted milk powder into one-third of the mousse.
- ☐ Place mixture in a medium-size zip-locking plastic bag. Pipe onto 6 spoons and top with crushed whoppers.
- ☐ Fold Amaretto into one-third of the mousse.
- ☐ Place mixture in a medium-size zip-locking plastic bag. Pipe onto 6 spoons and top with toasted almond slivers.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:11.590869732525%

Nutrients (% of daily need)

Calories: 489.16kcal (24.46%), Fat: 25.2g (38.78%), Saturated Fat: 15.31g (95.72%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 52.13g (18.96%), Sugar: 40.53g (45.04%), Cholesterol: 18.63mg (6.21%), Sodium: 99.53mg (4.33%), Alcohol: 2.51g (100%), Alcohol %: 2.09% (100%), Caffeine: 32.51mg (10.84%), Protein: 6.62g (13.25%), Vitamin B2: 0.55mg (32.47%), Manganese: 0.62mg (30.93%), Copper: 0.53mg (26.53%), Vitamin B12: 1.24µg (20.71%), Magnesium: 81.17mg (20.29%), Phosphorus: 182.38mg (18.24%), Fiber: 4.4g (17.61%), Iron: 2.84mg (15.77%), Calcium: 146.82mg (14.68%), Vitamin B1: 0.16mg (10.93%), Potassium: 372.49mg (10.64%), Selenium: 7.26µg (10.36%), Zinc: 1.38mg (9.21%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 0.99mg (4.97%), Folate: 17.78µg (4.44%),

Vitamin A: 205.58IU (4.11%), Vitamin K: 3.34µg (3.18%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.18mg (1.77%)