



## Favorite Chocolate Mousse

 Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



93 kcal

### Ingredients

- 1 env. knox gelatine unflavored
- 1.5 cups milk cold
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 1 tsp vanilla
- 8 oz cool whip whipped topping thawed

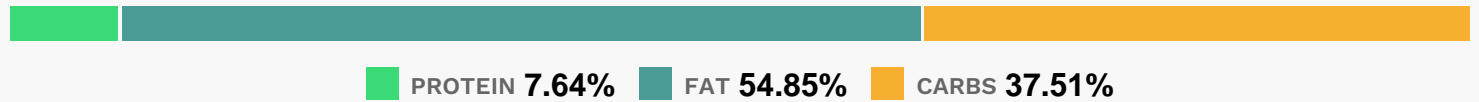
### Equipment

- bowl
- sauce pan

## Directions

- Sprinkle gelatine over milk in medium saucepan; let stand 1 min. Cook on low heat 3 min. or until gelatine is completely dissolved, stirring constantly.
- Add chopped chocolate; continue cooking until chocolate is completely melted and mixture is well blended, stirring constantly. Blend in vanilla.
- Place saucepan in large bowl of ice water. Stir chocolate mixture 3 min. or until slightly thickened.
- Pour into large bowl. Gently stir in whipped topping. Spoon evenly into 12 dessert glasses.
- Refrigerate 4 hours or until chilled. Store leftovers in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.2347826332502%

## Nutrients (% of daily need)

Calories: 93.31kcal (4.67%), Fat: 5.66g (8.7%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.1g (2.95%), Sugar: 7.55g (8.39%), Cholesterol: 3.68mg (1.23%), Sodium: 21.07mg (0.92%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Caffeine: 6.5mg (2.17%), Protein: 1.77g (3.55%), Phosphorus: 55.53mg (5.55%), Manganese: 0.1mg (5.09%), Copper: 0.1mg (4.89%), Calcium: 45.5mg (4.55%), Magnesium: 17.34mg (4.34%), Vitamin B2: 0.05mg (3.02%), Vitamin B12: 0.18µg (2.93%), Iron: 0.49mg (2.74%), Potassium: 95.16mg (2.72%), Fiber: 0.6g (2.42%), Selenium: 1.49µg (2.13%), Zinc: 0.32mg (2.11%), Vitamin D: 0.27µg (1.79%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.14%), Vitamin A: 54.5IU (1.09%), Vitamin K: 1.1µg (1.05%), Vitamin B6: 0.02mg (1.03%)