



## Frozen Chocolate Mousse

 Gluten Free

READY IN



255 min.

SERVINGS



2

CALORIES



286 kcal

DESSERT

### Ingredients

- 0.5 cup whipping cream (heavy)
- 1 tablespoon pear liqueur italian
- 2 tablespoons chocolate syrup
- 1 serving cocoa powder

### Equipment

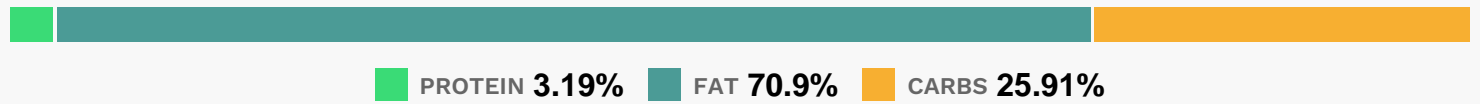
- bowl
- hand mixer
- aluminum foil

muffin liners

## Directions

- Beat whipping cream in chilled small bowl with electric mixer on high speed until stiff. Fold in liqueur and chocolate syrup.
- Spoon into 2 paper-lined foil cupcake liners. Cover and freeze at least 4 hours but no longer than 48 hours.
- Place in refrigerator 15 minutes before serving.
- Sprinkle with cocoa.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.6808695210063%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 286.44kcal (14.32%), Fat: 21.77g (33.5%), Saturated Fat: 13.83g (86.43%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.2g (6.25%), Sugar: 14.55g (16.17%), Cholesterol: 67.24mg (22.41%), Sodium: 30.57mg (1.33%), Alcohol: 2.98g (100%), Alcohol %: 4.33% (100%), Protein: 2.21g (4.42%), Vitamin A: 874.65IU (17.49%), Vitamin B2: 0.12mg (7.24%), Phosphorus: 63.98mg (6.4%), Copper: 0.13mg (6.39%), Vitamin D: 0.95µg (6.35%), Magnesium: 19.66mg (4.91%), Manganese: 0.1mg (4.81%), Calcium: 42.71mg (4.27%), Vitamin E: 0.55mg (3.68%), Potassium: 108.93mg (3.11%), Iron: 0.55mg (3.06%), Selenium: 2.14µg (3.05%), Fiber: 0.7g (2.82%), Zinc: 0.32mg (2.15%), Vitamin K: 2.02µg (1.92%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.16mg (1.56%), Vitamin B6: 0.02mg (1.13%)