



## Frozen Chocolate Mousse

 Gluten Free

READY IN



255 min.

SERVINGS



2

CALORIES



286 kcal

DESSERT

### Ingredients

- 2 tablespoons chocolate syrup
- 2 servings cocoa powder
- 1 tablespoon rum / brandy / coffee liqueur italian
- 0.5 cup whipping cream (heavy)

### Equipment

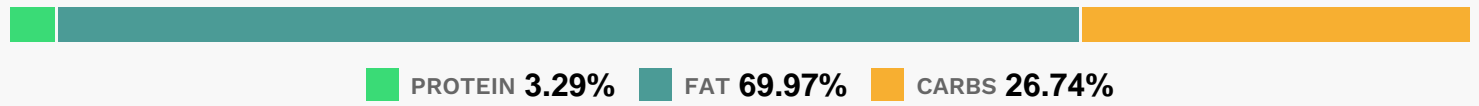
- bowl
- hand mixer
- aluminum foil

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:3.8930434908556%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 286.11kcal (14.31%), Fat: 21.86g (33.64%), Saturated Fat: 13.88g (86.73%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 17.91g (6.51%), Sugar: 15.19g (16.88%), Cholesterol: 67.24mg (22.41%), Sodium: 31.27mg (1.36%), Alcohol: 1.63g (100%), Alcohol %: 2.34% (100%), Caffeine: 3.5mg (1.17%), Protein: 2.31g (4.63%), Vitamin A: 874.65IU (17.49%), Copper: 0.15mg (7.34%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 67.65mg (6.76%), Vitamin D: 0.95µg (6.35%), Manganese: 0.12mg (5.77%), Magnesium: 22.16mg (5.54%), Calcium: 43.35mg (4.34%), Vitamin E: 0.55mg (3.68%), Fiber: 0.89g (3.56%), Iron: 0.62mg (3.45%), Potassium: 116.53mg (3.33%), Selenium: 2.21µg (3.15%), Zinc: 0.36mg (2.38%), Vitamin K: 2.03µg (1.93%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.02mg (1.16%)