



## Frozen Chocolate Mousse Squares

READY IN



375 min.

SERVINGS



15

CALORIES



287 kcal

### Ingredients

- 0.3 cup butter melted
- 16 oz philadelphia cream cheese spread
- 12 oreo cookies crushed finely
- 4 oz baker's semi-sweet chocolate divided (5 oz.)
- 14 oz condensed milk sweetened canned
- 1 cup cool whip whipped topping thawed

### Equipment

- bowl
- frying pan

- whisk
- blender
- aluminum foil

## Directions

- Line 9-inch square pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides.
- Combine cookie crumbs and butter; press onto bottom of prepared pan.
- Melt 4 oz. chocolate as directed on package. Beat cream cheese spread in large bowl with mixer until creamy. Gradually beat in milk, then melted chocolate.
- Whisk in COOL WHIP; pour over crust.
- Freeze 6 hours. Meanwhile, make chocolate curls from remaining chocolate. (See tip.)
- Remove dessert from freezer 15 min. before serving; let stand at room temperature to soften slightly. Use foil handles to lift dessert from pan; cut into squares.
- Garnish with chocolate curls.

## Nutrition Facts

■ PROTEIN **7.08%** ■ FAT **53.82%** ■ CARBS **39.1%**

## Properties

Glycemic Index:4.07, Glycemic Load:8.78, Inflammation Score:-4, Nutrition Score:4.8391304443712%

## Nutrients (% of daily need)

Calories: 286.65kcal (14.33%), Fat: 17.29g (26.59%), Saturated Fat: 9.07g (56.69%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 27.38g (9.96%), Sugar: 23.19g (25.77%), Cholesterol: 28.3mg (9.43%), Sodium: 251.2mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.98mg (2.33%), Protein: 5.11g (10.23%), Calcium: 122.82mg (12.28%), Vitamin A: 500.92IU (10.02%), Phosphorus: 100.1mg (10.01%), Iron: 1.69mg (9.41%), Vitamin B2: 0.14mg (8.38%), Manganese: 0.17mg (8.34%), Selenium: 5.17µg (7.39%), Copper: 0.13mg (6.54%), Magnesium: 25.16mg (6.29%), Potassium: 170.13mg (4.86%), Fiber: 0.88g (3.53%), Zinc: 0.53mg (3.5%), Vitamin K: 3.49µg (3.33%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.1%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.14µg (2.4%), Folate: 8.95µg (2.24%), Vitamin B3: 0.37mg (1.87%)