



German Chocolate Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 8 ounces chocolate chips dark
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups non-dairy whipped topping light frozen thawed

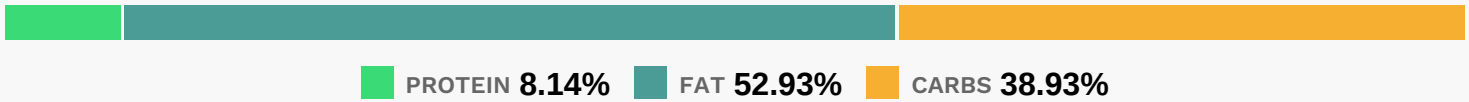
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan; let stand 2 minutes. Cook over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat, and add chocolate; cover and let stand 5 minutes. Stir until chocolate melts.
- ☐ Pour chocolate mixture into a medium bowl; cover and chill 30 minutes or until set. Gently fold in whipped topping. Spoon about 2/3 cup mousse into each of 8 dessert bowls. Cover at least 2 hours or until set. Top each serving with 1 1/2 teaspoons coconut and 1 1/2 teaspoons pecans.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:5.6956522244474%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 294.44kcal (14.72%), Fat: 17.39g (26.75%), Saturated Fat: 13.59g (84.97%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.1g (9.85%), Sugar: 21.64g (24.05%), Cholesterol: 3mg (1%), Sodium: 82.25mg (3.58%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 6.02g (12.03%), Calcium: 165.37mg (16.54%), Phosphorus: 116.5mg (11.65%), Manganese: 0.22mg (11.09%), Zinc: 1.38mg (9.22%), Potassium: 304.32mg (8.69%), Vitamin B2: 0.15mg (8.64%), Fiber: 1.67g (6.67%), Vitamin B12: 0.39µg (6.57%), Copper: 0.13mg (6.34%), Selenium: 4.15µg (5.93%), Magnesium: 23.31mg (5.83%), Vitamin B1: 0.08mg (5.43%), Vitamin E: 0.69mg (4.59%), Vitamin B5: 0.39mg (3.89%), Vitamin B6: 0.08mg (3.81%), Vitamin K: 3.54µg (3.37%), Iron: 0.54mg (3.01%), Vitamin D: 0.43µg (2.88%), Folate: 8.99µg (2.25%), Vitamin B3: 0.44mg (2.19%), Vitamin A: 109.59IU (2.19%)