



Greek Yogurt Chocolate Mousse



Vegetarian



Gluten Free



Popular

READY IN



135 min.

SERVINGS



6

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 9 oz chocolate dark chopped
- ☐ 1 cup milk (not nonfat!)
- ☐ 1 pinch salt
- ☐ 2 cups nonfat greek yogurt whole (I recommend Fage)
- ☐ 3 tbsp sugar to taste

Equipment

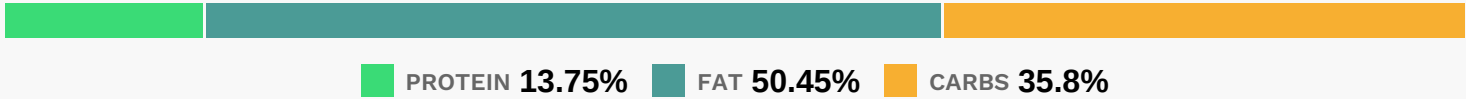
- ☐ mixing bowl
- ☐ double boiler

- ☐ spatula
- ☐ immersion blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Greek Yogurt Chocolate Mousse
- ☐ Ingredients9 oz chopped dark chocolate, or 1 ¾ cups dark chocolate pieces (70% cocoa)1 cup lowfat milk (not nonfat!)3 tbsp sugar, or more to taste
- ☐ Pinch of salt2 cups whole milk Greek yogurt – the thicker, the better (I recommend Fage)1 tbsp Amaretto or Grand Marnier (optional)You will also need
- ☐ Double boiler, spatula, mixing bowl, immersion blender (optional)
- ☐ Prep Time: 15 Minutes
- ☐ Total Time: 2 Hours 15 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:15.52, Glycemic Load:7.61, Inflammation Score:-5, Nutrition Score:12.771304410437%

Nutrients (% of daily need)

Calories: 334.98kcal (16.75%), Fat: 18.77g (28.87%), Saturated Fat: 10.71g (66.93%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 25.33g (9.21%), Sugar: 20.32g (22.58%), Cholesterol: 6.58mg (2.19%), Sodium: 54.36mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.02mg (11.34%), Protein: 11.51g (23.02%), Manganese: 0.84mg (41.79%), Copper: 0.76mg (38.16%), Iron: 5.11mg (28.39%), Magnesium: 109.01mg (27.25%), Phosphorus: 262.15mg (26.22%), Fiber: 4.64g (18.54%), Vitamin B2: 0.28mg (16.28%), Calcium: 154.67mg (15.47%), Selenium: 10.35µg (14.79%), Vitamin B12: 0.83µg (13.76%), Potassium: 460.71mg (13.16%), Zinc: 1.93mg (12.87%), Vitamin B5: 0.54mg (5.4%), Vitamin B6: 0.08mg (4.12%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.63mg (3.17%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.43µg (2.88%), Vitamin A: 96.34IU (1.93%), Vitamin E: 0.27mg (1.77%), Folate: 5.45µg (1.36%)