



Hazelnut Mousse Crunch

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



604 kcal

Ingredients

- 6.9 oz bittersweet chocolate (with nonni's)
- 13 oz nutella (with nutella)
- 8 oz non-dairy whipped topping (frozen thawed)

Equipment

- bowl
- aluminum foil
- microwave

Directions

- Microwave hazelnut spread, uncovered, on HIGH for 25 seconds (be sure to completely remove foil wrap). Fold hazelnut spread and whipped topping together in a large bowl, leaving some chocolate streaks. Spoon mousse into a zip-top plastic freezer bag (do not seal). Snip 1 corner of bag to make a hole. Pipe mousse into parfait glasses.
- Serve with biscotti; or crush biscotti, and lightly sprinkle over each serving to provide the crunch.

Nutrition Facts

PROTEIN 4.27% **FAT 53.14%** **CARBS 42.59%**

Properties

Glycemic Index:4.89, Glycemic Load:10.27, Inflammation Score:-4, Nutrition Score:12.223913055399%

Nutrients (% of daily need)

Calories: 603.96kcal (30.2%), Fat: 35.65g (54.84%), Saturated Fat: 28.88g (180.48%), Carbohydrates: 64.29g (21.43%), Net Carbohydrates: 58.37g (21.23%), Sugar: 54.02g (60.03%), Cholesterol: 2.71mg (0.9%), Sodium: 55.65mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.26mg (10.75%), Protein: 6.45g (12.89%), Manganese: 0.96mg (48.19%), Copper: 0.7mg (34.88%), Iron: 4.78mg (26.57%), Magnesium: 99.17mg (24.79%), Fiber: 5.92g (23.67%), Vitamin E: 3.43mg (22.85%), Phosphorus: 205.86mg (20.59%), Potassium: 472.49mg (13.5%), Calcium: 113.33mg (11.33%), Zinc: 1.55mg (10.34%), Vitamin B2: 0.15mg (9.08%), Selenium: 5.85µg (8.36%), Vitamin B12: 0.3µg (5%), Vitamin B1: 0.07mg (4.68%), Vitamin K: 4.72µg (4.49%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.32mg (3.17%), Vitamin B3: 0.57mg (2.86%), Folate: 9.73µg (2.43%)