



Heavenly Chocolate Mousse Bars

READY IN



135 min.

SERVINGS



36

CALORIES



228 kcal

DESSERT

Ingredients

- 8 oz cream cheese softened
- 36 servings eggs for on cookie mix package
- 12 oz semi chocolate chips (2 cups)
- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 1.5 cups whipping cream

Equipment

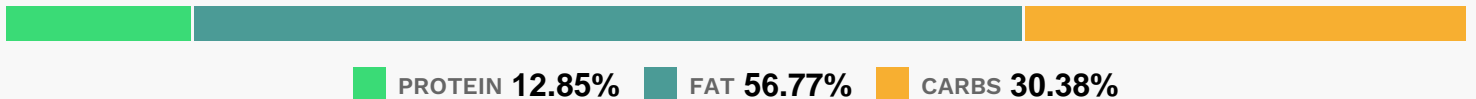
- bowl
- frying pan

- oven
- wire rack
- hand mixer
- microwave

Directions

- Heat oven to 350F.
- Mix cookie dough as directed on package, using butter and egg.
- Spread in bottom of ungreased 13x9-inch pan.
- Bake 12 to 15 minutes or until light golden brown. Cool in pan on cooling rack.
- Meanwhile, in small microwavable bowl, microwave 1 cup of the chocolate chips uncovered on High 1 to 2 minutes, stirring once, until softened and chips can be stirred smooth. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add melted chocolate; stir until blended.
- In small bowl, beat 1 cup of the whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream into chocolate-cream cheese mixture until well blended.
- Spread over cooled cookie base. Cover; refrigerate 1 hour or until set.
- In small microwavable bowl, microwave remaining 1 cup chocolate chips uncovered on High 1 to 2 minutes, stirring once, until softened and chips can be stirred smooth. Stir in remaining 1/2 cup whipping cream until blended. Spoon warm chocolate mixture over mousse layer; spread evenly. Refrigerate 30 minutes or until set.
- Cut into 9 rows by 4 rows. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:6.2539130271129%

Nutrients (% of daily need)

Calories: 227.53kcal (11.38%), Fat: 14.3g (21.99%), Saturated Fat: 7.01g (43.83%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 16.46g (5.98%), Sugar: 10.55g (11.72%), Cholesterol: 181.82mg (60.61%), Sodium: 125.25mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 7.28g (14.57%), Selenium: 15.14µg (21.63%), Vitamin B2: 0.24mg (14.33%), Phosphorus: 124.18mg (12.42%), Vitamin A: 472.71IU (9.45%), Iron: 1.43mg (7.96%), Vitamin B5: 0.76mg (7.64%), Copper: 0.15mg (7.59%), Vitamin B12: 0.44µg (7.31%), Manganese: 0.14mg (6.92%), Vitamin D: 1.04µg (6.92%), Folate: 23.85µg (5.96%), Zinc: 0.87mg (5.82%), Magnesium: 23.17mg (5.79%), Vitamin E: 0.66mg (4.42%), Calcium: 43.15mg (4.32%), Vitamin B6: 0.09mg (4.25%), Potassium: 132.04mg (3.77%), Fiber: 0.76g (3.02%), Vitamin B1: 0.03mg (2.15%), Vitamin K: 1.26µg (1.2%)