



## Heavenly Chocolate Mousse Bars

READY IN



70 min.

SERVINGS



36

CALORIES



201 kcal

DESSERT

### Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 36 servings eggs for on cookie mix pouch
- ☐ 1 cup bittersweet chocolate
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz.)
- ☐ 0.5 cup whipping cream
- ☐ 1 cup whipping cream

### Equipment

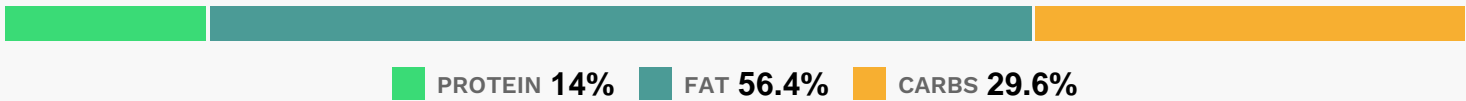
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

## Directions

- ☐ Make cookie dough as directed on package.
- ☐ Spread in bottom of ungreased13x9–inch pan.
- ☐ Bake at 350F 12 to 15 minutes or until light golden brown; cool.
- ☐ Microwave 1 cup chocolate chips uncovered on High 1 to 2 minutes or until melted. In medium bowl, beat cream cheese with electric mixer until smooth. Beat melted chocolate into cream cheese. Beat 1 cup whipping cream with electric mixer on high speed until stiff peaks form. Fold whipping cream into chocolate–cream cheese mixture until well blended.
- ☐ Spread over cooled cookie base. Cover; refrigerate 1 hour or until set.
- ☐ Microwave 1 cup chocolate chips uncovered on High 1 to 2 minutes sitrring every 20 seconds or until melted.
- ☐ Whisk or stir in 1/2 cup whipping cream until blended. Spoon warm chocolate mixture over mousse; spread evenly. Refrigerate 30 minutes or until set.

## Nutrition Facts



## Properties

Glycemic Index:0.75, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:5.5630434443769%

## Nutrients (% of daily need)

Calories: 200.96kcal (10.05%), Fat: 12.54g (19.29%), Saturated Fat: 6g (37.51%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.42g (5.24%), Sugar: 8.87g (9.85%), Cholesterol: 181.54mg (60.51%), Sodium: 124.79mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.18mg (1.39%), Protein: 7g (14%), Selenium: 14.76µg (21.08%), Vitamin B2: 0.24mg (14.19%), Phosphorus: 112.25mg (11.23%), Vitamin A: 470.41IU (9.41%), Vitamin B5: 0.75mg (7.5%), Vitamin B12: 0.43µg (7.17%), Vitamin D: 1.04µg (6.92%), Iron: 1.14mg (6.35%), Folate: 23.85µg (5.96%), Zinc:

0.75mg (5.01%), Copper: 0.09mg (4.73%), Vitamin E: 0.64mg (4.24%), Vitamin B6: 0.08mg (4.17%), Calcium: 40.31mg (4.03%), Manganese: 0.08mg (3.88%), Magnesium: 15.1mg (3.77%), Potassium: 106.02mg (3.03%), Vitamin B1: 0.03mg (2.06%), Fiber: 0.39g (1.56%)