



## Heavenly Chocolate Mousse Bars

READY IN



70 min.

SERVINGS



36

CALORIES



168 kcal

DESSERT

### Ingredients

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

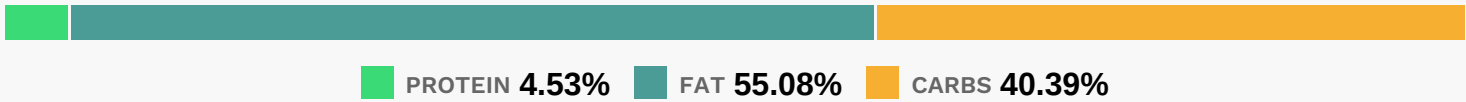
### Equipment

- ☐ 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 350°F 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:-2, Nutrition Score:2.3665217579059%

## Nutrients (% of daily need)

Calories: 167.94kcal (8.4%), Fat: 10.33g (15.9%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.27g (5.92%), Sugar: 10.49g (11.66%), Cholesterol: 22.7mg (7.57%), Sodium: 64.53mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.36mg (2.79%), Protein: 1.91g (3.82%), Manganese: 0.13mg (6.5%), Copper: 0.12mg (6.22%), Vitamin A: 241.84IU (4.84%), Magnesium: 18.52mg (4.63%), Phosphorus: 40.19mg

(4.02%), Iron: 0.7mg (3.9%), Fiber: 0.78g (3.11%), Selenium: 2.03µg (2.9%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.33mg (2.19%), Potassium: 74.55mg (2.13%), Calcium: 19.37mg (1.94%), Vitamin E: 0.22mg (1.44%), Vitamin D: 0.18µg (1.22%), Vitamin K: 1.15µg (1.1%), Vitamin B5: 0.11mg (1.09%), Vitamin B1: 0.02mg (1.02%)