



Hot Cocoa Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 cup powdered sugar
- ☐ 2.5 oz cocoa mix hot instant
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 1 serving whipped cream
- ☐ 1 serving ground cinnamon

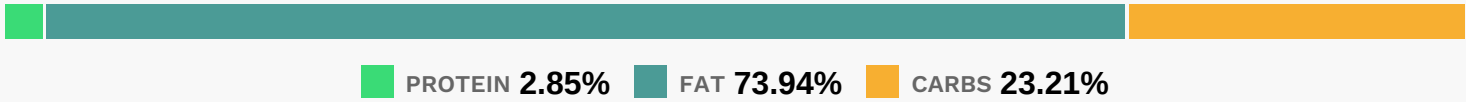
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat whipping cream with electric mixer on high speed until cream begins to thicken.
- ☐ On medium speed, beat in powdered sugar and cocoa mix until blended.
- ☐ Add 1/4 teaspoon cinnamon and the vanilla; beat on high speed until soft peaks form.
- ☐ Spoon mousse into individual dessert dishes.
- ☐ Garnish with whipped cream; sprinkle with cinnamon. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:2.8134782171768%

Nutrients (% of daily need)

Calories: 271.05kcal (13.55%), Fat: 22.98g (35.35%), Saturated Fat: 14.68g (91.72%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.71g (5.71%), Sugar: 14.52g (16.13%), Cholesterol: 67.81mg (22.6%), Sodium: 91.65mg (3.98%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 1.99g (3.98%), Vitamin A: 881.68IU (17.63%), Vitamin B2: 0.11mg (6.73%), Vitamin D: 0.95µg (6.37%), Calcium: 52.15mg (5.21%), Vitamin E: 0.56mg (3.73%), Phosphorus: 35.41mg (3.54%), Manganese: 0.06mg (2.83%), Selenium: 1.85µg (2.64%), Fiber: 0.52g (2.08%), Vitamin K: 2.02µg (1.92%), Potassium: 59.86mg (1.71%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.16mg (1.55%), Iron: 0.25mg (1.39%), Magnesium: 4.49mg (1.12%), Vitamin B6: 0.02mg (1.09%), Zinc: 0.15mg (1.02%)