



## Mini OREO Mousse Desserts

READY IN



10 min.

SERVINGS



10

CALORIES



75 kcal

DESSERT

### Ingredients

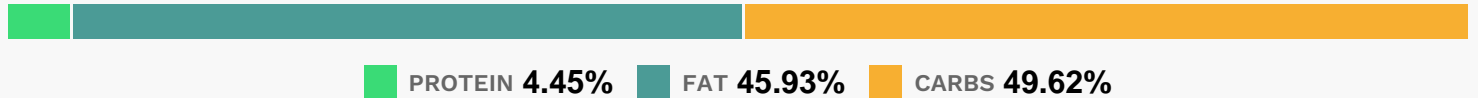
- 2 Tbsp knudsen cream sour
- 8 oreo cookies
- 0.5 tsp powdered sugar
- 1 oz baker's semi-sweet chocolate melted
- 0.5 cup cool whip whipped topping thawed

### Equipment

### Directions

- Mix melted chocolate and sour cream until well blended; cool slightly. Gently stir in whipped topping.
- Spoon about 1 Tbsp. mousse onto each cookie.
- Serve immediately or store in the refrigerator until ready to serve.
- Sprinkle with powdered sugar just before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.718695640483%

## Nutrients (% of daily need)

Calories: 74.6kcal (3.73%), Fat: 3.88g (5.96%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.92g (3.24%), Sugar: 6.04g (6.71%), Cholesterol: 1.66mg (0.55%), Sodium: 40.98mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Iron: 1.35mg (7.48%), Manganese: 0.1mg (5.15%), Copper: 0.07mg (3.41%), Vitamin K: 2.99µg (2.85%), Magnesium: 10mg (2.5%), Phosphorus: 20.9mg (2.09%), Fiber: 0.51g (2.02%), Vitamin E: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.86%), Folate: 6.11µg (1.53%), Vitamin B1: 0.02mg (1.4%), Vitamin B3: 0.28mg (1.4%), Selenium: 0.92µg (1.31%), Potassium: 45.33mg (1.3%), Zinc: 0.16mg (1.05%)