



Mint Chocolate Mousse

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 4 ounce ready-made graham cracker crusts mini
- ☐ 36 hershey's kisses mint chocolates
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.3 cup milk
- ☐ 6 servings garnish: mint sprigs fresh
- ☐ 1 cup whipping cream

Equipment

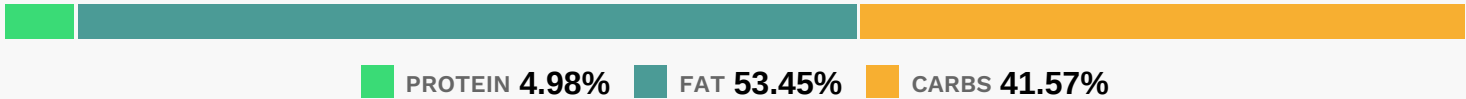
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Cook marshmallows and milk in a heavy saucepan over low heat, stirring constantly, 6 to 8 minutes or until marshmallows melt and mixture is smooth.
- ☐ Pour 1/3 cup marshmallow mixture into a bowl, and, if desired, stir in food coloring; set aside.
- ☐ Stir mint chocolates into remaining marshmallow mixture in saucepan, and cook, stirring constantly, over low heat 4 to 6 minutes or until chocolate melts.
- ☐ Remove pan from heat, and let chocolate mixture stand 1 hour or until cool.
- ☐ Beat whipping cream at medium speed with an electric mixer until stiff peaks form. Fold 1 cup whipped cream into chocolate mixture in pan, and spoon evenly into ready-made mini graham cracker crusts.
- ☐ Fold remaining whipped cream into reserved 1/3 cup marshmallow mixture. Dollop marshmallow mixture evenly on top of chocolate mixture. Chill 3 to 4 hours or until set.
- ☐ Garnish, if desired.
- ☐ *15 large marshmallows may be substituted for miniature ones.
- ☐ Note: For a variation, substitute HERSHEY'S KISSES Chocolates for HERSHEY'S KISSES Mint Chocolates, and add 1/4 teaspoon almond extract or 2 teaspoons Kirsch or other cherry-flavored liqueur to 1/3 cup marshmallow mixture. Prepare as directed, omitting the mini graham cracker crusts, and spoon evenly into 4 parfait glasses. Chill as directed.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:16.56, Inflammation Score:-4, Nutrition Score:4.0765217231668%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 398.67kcal (19.93%), Fat: 24.77g (38.1%), Saturated Fat: 14.41g (90.07%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 41.91g (15.24%), Sugar: 28.87g (32.08%), Cholesterol: 53.33mg (17.78%), Sodium: 174.24mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin A: 647.54IU (12.95%), Calcium: 115.08mg (11.51%), Vitamin B2: 0.14mg (8.32%), Phosphorus: 76.61mg (7.66%), Iron: 1.16mg (6.43%), Fiber: 1.42g (5.69%), Vitamin D: 0.78µg (5.23%), Magnesium: 16.6mg (4.15%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.78mg (3.9%), Zinc: 0.53mg (3.56%), Folate: 11.55µg (2.89%), Potassium: 97.78mg (2.79%), Vitamin E: 0.37mg (2.48%), Selenium: 1.66µg (2.37%), Vitamin B12: 0.14µg (2.28%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.16mg (1.56%), Copper: 0.03mg (1.28%), Vitamin K: 1.31µg (1.25%)