



WHATSheATE



Mint-Chocolate Mousse Delight

READY IN



10 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons crème de cassis liqueur
- ☐ 2.1 ounce chocolate pudding mix sugar-free instant
- ☐ 2.5 cups milk 1% low-fat
- ☐ 4.5 ounce chocolate-covered peppermint patties chopped (such as York)
- ☐ 1 ounce bittersweet chocolate
- ☐ 8 cream-filled chocolate sandwich cookies crushed reduced-fat (such as Oreos)
- ☐ 8 ounce non-dairy whipped topping fat-free frozen divided thawed

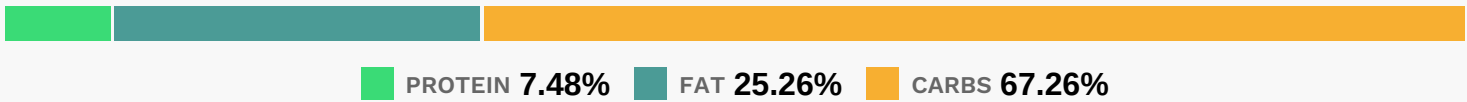
Equipment

- ☐ bowl
- ☐ blender
- ☐ baking pan
- ☐ peeler

Directions

- ☐ Sprinkle crushed cookies in bottom of an 8-inch square baking dish.
- ☐ Combine milk, pudding mix, and crme de menthe in a blender. Process until smooth.
- ☐ Pour into a bowl.
- ☐ Let stand 1 to 2 minutes or until pudding mixture thickens. Fold in half of container of whipped topping and peppermint patties. Spoon into prepared dish. Cover and chill 2 hours.
- ☐ Shave chocolate with a vegetable peeler to get 2 tablespoons chocolate curls.
- ☐ Spread remaining whipped topping over mousse, and sprinkle with chocolate curls.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.3886957064919%

Nutrients (% of daily need)

Calories: 253.43kcal (12.67%), Fat: 7.06g (10.87%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 40.98g (14.9%), Sugar: 31.16g (34.62%), Cholesterol: 8.6mg (2.87%), Sodium: 207.08mg (9%), Alcohol: 1.12g (100%), Alcohol %: 0.98% (100%), Caffeine: 4.17mg (1.39%), Protein: 4.71g (9.41%), Vitamin B2: 0.31mg (18.42%), Vitamin B12: 0.88µg (14.6%), Calcium: 130.91mg (13.09%), Phosphorus: 120.97mg (12.1%), Iron: 1.93mg (10.72%), Manganese: 0.16mg (7.97%), Vitamin B1: 0.11mg (7.3%), Potassium: 231.32mg (6.61%), Magnesium: 26.34mg (6.59%), Copper: 0.12mg (5.99%), Vitamin D: 0.81µg (5.41%), Fiber: 1.33g (5.33%), Selenium: 3.52µg (5.03%), Zinc: 0.64mg (4.24%), Vitamin B6: 0.08mg (4.2%), Vitamin A: 197.29IU (3.95%), Vitamin K: 3.81µg (3.63%), Folate: 13.84µg (3.46%), Vitamin B5: 0.31mg (3.15%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.36mg (2.42%)