



Mocha Dessert Squares

READY IN



45 min.

SERVINGS



9

CALORIES



337 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons chocolate sauce
- 9 servings garnish: chocolate sauce
- 27 graham cracker squares
- 1 tablespoon coffee granules instant
- 0.8 cup powdered sugar sifted
- 1 teaspoon vanilla extract
- 2 cups whipping cream

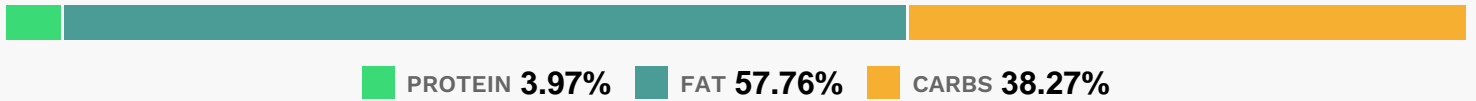
Equipment

- bowl
- frying pan
- hand mixer

Directions

- Place whipping cream in a small bowl.
- Add 3 tablespoons chocolate sauce, coffee granules, and vanilla, stirring until granules dissolve. Beat whipping cream mixture at medium speed of an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- Place 9 graham cracker squares in an 8" square pan.
- Spread one-third of cream mixture over crackers. Repeat layers twice with remaining ingredients. Cover and chill at least 8 hours.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.22, Glycemic Load:11.31, Inflammation Score:-5, Nutrition Score:4.2299999892712%

Nutrients (% of daily need)

Calories: 336.67kcal (16.83%), Fat: 21.85g (33.61%), Saturated Fat: 12.79g (79.91%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 31.65g (11.51%), Sugar: 18.76g (20.85%), Cholesterol: 59.84mg (19.95%), Sodium: 178.49mg (7.76%), Alcohol: 0.15g (100%), Alcohol %: 0.21% (100%), Caffeine: 17.96mg (5.99%), Protein: 3.38g (6.75%), Vitamin A: 777.61IU (15.55%), Vitamin B2: 0.16mg (9.37%), Phosphorus: 81.92mg (8.19%), Iron: 1.05mg (5.81%), Vitamin D: 0.85µg (5.64%), Calcium: 56.02mg (5.6%), Magnesium: 21.48mg (5.37%), Vitamin B3: 1mg (5.02%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.07%), Zinc: 0.6mg (3.99%), Potassium: 128.77mg (3.68%), Fiber: 0.92g (3.68%), Folate: 12.07µg (3.02%), Selenium: 1.89µg (2.69%), Vitamin B6: 0.04mg (2.06%), Copper: 0.04mg (1.97%), Manganese: 0.04mg (1.93%), Vitamin K: 1.89µg (1.8%), Vitamin B12: 0.09µg (1.48%), Vitamin B5: 0.14mg (1.44%)