



## Mocha Mousse

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



79 kcal

### Ingredients

- 2 cups cool whip free whipped topping divided thawed
- 1.5 cups milk fat-free cold
- 0.3 tsp ground cinnamon
- 3.9 oz jell-o chocolate flavor pudding instant
- 1 Tbsp maxwell house coffee instant

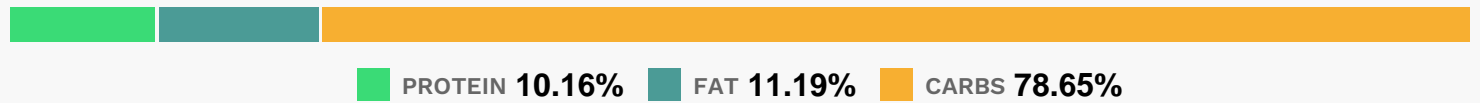
### Equipment

- bowl
- whisk

## Directions

- Pour milk into medium bowl.
- Add coffee granules. Beat with whisk 2 min.
- Add dry pudding mix and cinnamon; beat 2 min. Stir in 1-1/2 cups COOL WHIP.
- Pour into individual dessert dishes.
- Refrigerate 1 hour. Top with remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.6547826146302%

## Nutrients (% of daily need)

Calories: 78.56kcal (3.93%), Fat: 0.99g (1.53%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.2g (5.53%), Sugar: 11.76g (13.07%), Cholesterol: 3.5mg (1.17%), Sodium: 184.05mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.47mg (5.49%), Protein: 2.03g (4.06%), Vitamin B2: 0.15mg (8.67%), Vitamin B12: 0.44µg (7.25%), Calcium: 67.39mg (6.74%), Phosphorus: 59.04mg (5.9%), Potassium: 121.65mg (3.48%), Manganese: 0.06mg (3.08%), Magnesium: 12.26mg (3.06%), Vitamin B1: 0.04mg (2.93%), Vitamin D: 0.4µg (2.69%), Selenium: 1.53µg (2.18%), Copper: 0.04mg (2.18%), Vitamin B6: 0.04mg (2.07%), Vitamin A: 101.41IU (2.03%), Fiber: 0.49g (1.97%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.13mg (1.35%), Vitamin B3: 0.27mg (1.33%)