



Mocha Mousse Pie

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- 1 chocolate pie crust
- 12 ounce cream sauce divided
- 8 ounce cream cheese softened
- 0.5 cup powdered sugar
- 8 ounce non-dairy whipped topping frozen divided thawed

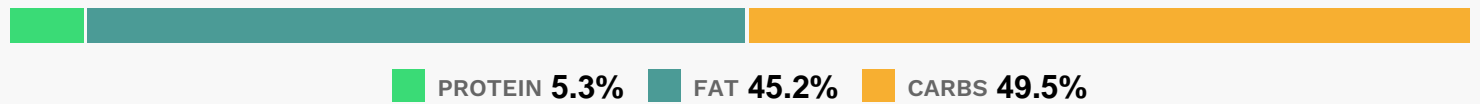
Equipment

- knife
- hand mixer

Directions

- Combine cream cheese and 1/2 cup mocha topping with an electric mixer about 2 minutes, until well blended.
- Add powdered sugar; mix. Fold in half of the whipped topping. Carefully spread the mixture onto prepared crust.
- Pour the remaining mocha topping over pie filling. Drag a knife through the filling to create a marbled effect.
- Spread remaining whipped topping over entire pie.
- Garnish with cocoa powder or chocolate curls. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:4.3265217766166%

Nutrients (% of daily need)

Calories: 341.35kcal (17.07%), Fat: 17.28g (26.58%), Saturated Fat: 10.63g (66.43%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 41.38g (15.05%), Sugar: 29.93g (33.25%), Cholesterol: 29.63mg (9.88%), Sodium: 257.35mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin E: 1.5mg (10.03%), Phosphorus: 92.73mg (9.27%), Manganese: 0.16mg (8.06%), Vitamin A: 402.56IU (8.05%), Copper: 0.16mg (7.82%), Vitamin B2: 0.13mg (7.71%), Calcium: 68.54mg (6.85%), Magnesium: 24.98mg (6.25%), Selenium: 4.14µg (5.92%), Potassium: 187.13mg (5.35%), Fiber: 1.19g (4.77%), Zinc: 0.52mg (3.49%), Iron: 0.62mg (3.45%), Vitamin K: 2.57µg (2.44%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.21mg (2.12%), Vitamin B1: 0.03mg (1.8%), Vitamin B6: 0.03mg (1.5%), Folate: 5.19µg (1.3%)