



Mocha-nut Cream Cups

READY IN



20 min.

SERVINGS



4

CALORIES



1138 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon coconut extract
- 2 cups heavy whipping cream
- 2 ounce cheesecake pudding sugar-free instant flavored
- 4 teaspoons espresso powder instant
- 1 can coconut milk light
- 15 ounce pie crust refrigerated thawed
- 1 cup flake coconut sweetened toasted for garnish
- 4 servings non-dairy whipped topping for garnish

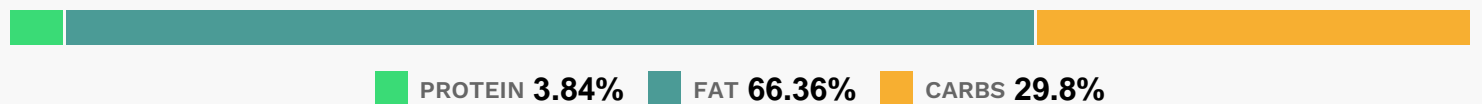
Equipment

- oven
- mixing bowl
- hand mixer
- muffin liners
- muffin tray

Directions

- Preheat oven to 450 degrees F. Lightly spray backside of muffin pan with cooking spray; set aside.
- Unroll pie crust. With a 3 1/4-inch round cutter (or an 8 ounce pineapple can with the top and bottom removed), cut out 6 rounds. Form rounds over the back of prepared muffin cups to make dessert cups. Prick cups lightly with a fork.
- Bake in preheated oven for 8 to 10 minutes or until golden.
- Remove from oven; set aside to cool.
- While dessert cups are baking, add cream, coconut milk, instant espresso powder, and coconut extract to a small mixing bowl. Stir to combine.
- Sprinkle instant pudding mix over cream mixture and with an electric hand mixer on low speed beat until medium stiff peaks form; about 6 minutes. Fold in half of the coconut until combined.
- Spoon pudding mixture into cooled dessert cups. Top with a dollop of whipped topping and sprinkle with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:14.017826054407%

Nutrients (% of daily need)

Calories: 1137.8kcal (56.89%), Fat: 83.64g (128.67%), Saturated Fat: 48.54g (303.36%), Carbohydrates: 84.48g (28.16%), Net Carbohydrates: 79.63g (28.96%), Sugar: 23.76g (26.4%), Cholesterol: 134.56mg (44.85%), Sodium: 700.81mg (30.47%), Alcohol: 0.42g (100%), Alcohol %: 0.15% (100%), Caffeine: 31.4mg (10.47%), Protein: 10.89g (21.79%), Vitamin A: 1753.69IU (35.07%), Manganese: 0.7mg (34.8%), Vitamin B2: 0.42mg (24.44%), Vitamin B1: 0.32mg (21.36%), Folate: 79.95µg (19.99%), Fiber: 4.85g (19.39%), Selenium: 13.41µg (19.16%), Iron: 3.27mg (18.14%), Phosphorus: 173.53mg (17.35%), Vitamin B3: 3.39mg (16.93%), Vitamin D: 1.9µg (12.69%), Vitamin K: 11.73µg (11.17%), Vitamin E: 1.61mg (10.71%), Calcium: 106.53mg (10.65%), Magnesium: 38.85mg (9.71%), Potassium: 337.49mg (9.64%), Copper: 0.16mg (8.06%), Vitamin B5: 0.77mg (7.65%), Zinc: 0.93mg (6.18%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.2µg (3.32%)