



Mousse Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



857 kcal

DESSERT

Ingredients

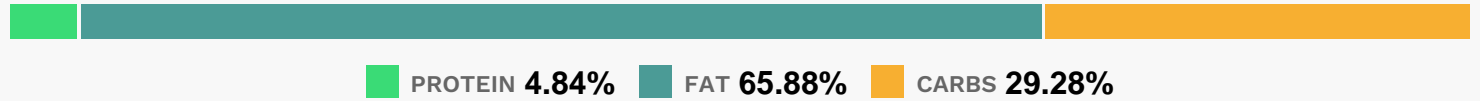
- 0.5 teaspoon almond extract
- 0.5 cup rum dark
- 1 cup powdered sugar sifted
- 1 cup cocoa unsweetened
- 0.5 teaspoon vanilla extract
- 2 cups whipping cream

Equipment

Directions

- Beat whipping cream until foamy; gradually add powdered sugar and next 3 ingredients, beating until blended.
- Add rum; beat until thick and smooth.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:18.833043539006%

Flavonoids

Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 856.67kcal (42.83%), Fat: 61.21g (94.16%), Saturated Fat: 38.81g (242.54%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 50.59g (18.39%), Sugar: 44.42g (49.36%), Cholesterol: 179.29mg (59.76%), Sodium: 50.18mg (2.18%), Alcohol: 13.82g (100%), Alcohol %: 6.52% (100%), Caffeine: 65.93mg (21.98%), Protein: 10.13g (20.25%), Copper: 1.12mg (55.8%), Manganese: 1.11mg (55.67%), Vitamin A: 2332.4IU (46.65%), Fiber: 10.61g (42.43%), Magnesium: 154.31mg (38.58%), Phosphorus: 304.12mg (30.41%), Iron: 4.18mg (23.25%), Vitamin B2: 0.38mg (22.23%), Vitamin D: 2.54µg (16.92%), Potassium: 590.04mg (16.86%), Zinc: 2.35mg (15.7%), Calcium: 141.96mg (14.2%), Selenium: 9.1µg (13%), Vitamin E: 1.49mg (9.92%), Vitamin K: 5.79µg (5.52%), Vitamin B5: 0.48mg (4.78%), Vitamin B6: 0.09mg (4.51%), Vitamin B12: 0.25µg (4.23%), Folate: 15.52µg (3.88%), Vitamin B1: 0.06mg (3.78%), Vitamin B3: 0.74mg (3.69%), Vitamin C: 0.95mg (1.15%)