



Mousse in Minutes

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



104 kcal

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 0.5 oz baker's semi-sweet chocolate shaved
- 1.5 cups cool whip whipped topping divided thawed

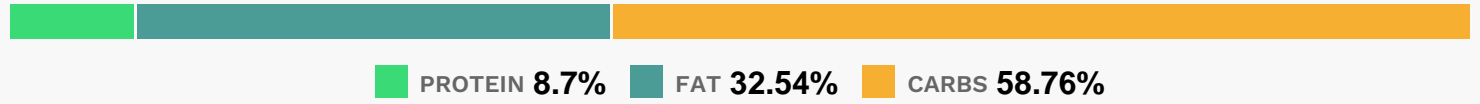
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in 1 cup COOL WHIP.
- Spoon into 6 dessert dishes.
- Refrigerate 1 hour. Top with remaining COOL WHIP and chocolate curls just before serving.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.4995651990175%

Nutrients (% of daily need)

Calories: 104.48kcal (5.22%), Fat: 3.79g (5.83%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 14.88g (5.41%), Sugar: 13.03g (14.47%), Cholesterol: 6.17mg (2.06%), Sodium: 184.78mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Calcium: 70.22mg (7.02%), Phosphorus: 69.26mg (6.93%), Vitamin B2: 0.08mg (4.96%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.54µg (3.58%), Magnesium: 14.11mg (3.53%), Potassium: 118.69mg (3.39%), Manganese: 0.06mg (3.07%), Copper: 0.06mg (2.92%), Selenium: 1.59µg (2.28%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.51g (2.05%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 88.09IU (1.76%), Vitamin B6: 0.03mg (1.69%), Iron: 0.24mg (1.35%)