



## Simple Chocolate Mousse Pie

READY IN



280 min.

SERVINGS



40

CALORIES



68 kcal

DESSERT

### Ingredients

- 0.3 cup milk
- 6 oz oreo pie crust
- 2 tsp powdered sugar
- 8 oz baker's semi-sweet chocolate
- 1 tsp vanilla
- 8 oz cool whip whipped topping thawed

### Equipment

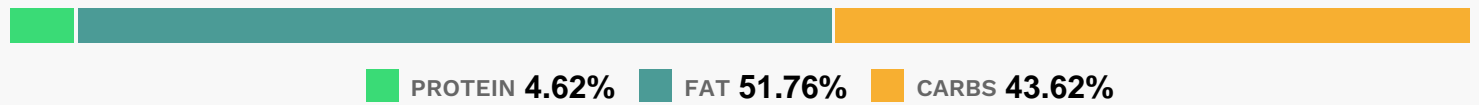
- bowl

microwave

## Directions

- Microwave chocolate and milk in large microwaveable bowl on HIGH 2 min.; stir until chocolate is completely melted. Cool 20 min., stirring occasionally.
- Add sugar and vanilla to COOL WHIP; stir until well blended. Stir half into chocolate mixture.
- Add remaining COOL WHIP mixture; mix lightly. Spoon into crust.
- Refrigerate 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:0.95, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.216086961005%

## Nutrients (% of daily need)

Calories: 68.07kcal (3.4%), Fat: 3.9g (6%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.85g (5.39%), Cholesterol: 0.64mg (0.21%), Sodium: 26.8mg (1.17%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Caffeine: 4.88mg (1.63%), Protein: 0.78g (1.57%), Manganese: 0.08mg (3.77%), Copper: 0.07mg (3.57%), Magnesium: 11.8mg (2.95%), Iron: 0.49mg (2.71%), Phosphorus: 26.35mg (2.64%), Fiber: 0.53g (2.12%), Potassium: 45.55mg (1.3%), Vitamin B1: 0.02mg (1.08%), Zinc: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.08%)