



## Super Easy Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



376 kcal

### Ingredients

- 2 cups cup heavy whipping cream
- 5.9 ounce chocolate pudding instant divided (such as Jell-O®)
- 0.5 teaspoon vanilla extract

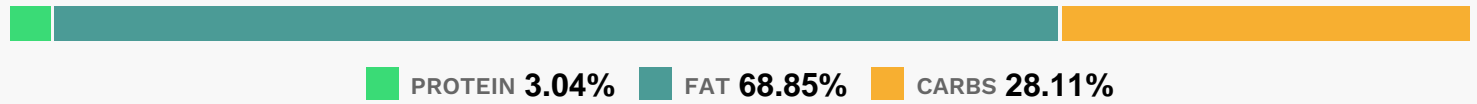
### Equipment

- bowl
- hand mixer

### Directions

- Beat heavy whipping cream in a large bowl with an electric hand mixer until it begins to thicken.
- Add chocolate pudding and vanilla extract; continue beating until thick enough to hold shape and begins to gather on the beaters. Fold banana into the mousse.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:4.4817391426667%

## Nutrients (% of daily need)

Calories: 376.07kcal (18.8%), Fat: 29.17g (44.88%), Saturated Fat: 18.48g (115.48%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 25.8g (9.38%), Sugar: 21.28g (23.64%), Cholesterol: 89.65mg (29.88%), Sodium: 419.81mg (18.25%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 2.89g (5.79%), Vitamin A: 1166.2IU (23.32%), Vitamin B2: 0.16mg (9.69%), Vitamin D: 1.27µg (8.46%), Phosphorus: 66.1mg (6.61%), Calcium: 55.74mg (5.57%), Copper: 0.11mg (5.38%), Manganese: 0.1mg (5.19%), Vitamin E: 0.75mg (5%), Magnesium: 18.14mg (4.53%), Selenium: 3.08µg (4.4%), Potassium: 141.65mg (4.05%), Fiber: 1g (4.01%), Vitamin K: 2.96µg (2.82%), Iron: 0.44mg (2.44%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.13µg (2.12%), Vitamin B5: 0.21mg (2.09%), Vitamin B6: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.25%)