



Super Easy Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



394 kcal

Ingredients

- 1 banana chopped
- 2 cups 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:9.13, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:5.343478259833%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 393.57kcal (19.68%), Fat: 29.23g (44.98%), Saturated Fat: 18.5g (115.62%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 29.77g (10.82%), Sugar: 23.68g (26.31%), Cholesterol: 89.65mg (29.88%), Sodium: 420.01mg (18.26%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.11g (6.22%), Vitamin A: 1178.79IU (23.58%), Vitamin B2: 0.18mg (10.54%), Vitamin D: 1.27µg (8.46%), Manganese: 0.16mg (7.85%), Phosphorus: 70.43mg (7.04%), Copper: 0.12mg (6.15%), Potassium: 212.06mg (6.06%), Fiber: 1.51g (6.06%), Magnesium: 23.45mg (5.86%), Calcium: 56.73mg (5.67%), Vitamin B6: 0.1mg (5.17%), Vitamin E: 0.77mg (5.13%), Selenium: 3.27µg (4.68%), Vitamin K: 3.06µg (2.91%), Vitamin B5: 0.28mg (2.75%), Iron: 0.49mg (2.72%), Vitamin C: 2.19mg (2.65%), Zinc: 0.39mg (2.62%), Vitamin B12: 0.13µg (2.12%), Folate: 7.94µg (1.99%), Vitamin B1: 0.02mg (1.65%), Vitamin B3: 0.25mg (1.24%)