



White Chocolate Mousse Parfaits

READY IN



170 min.

SERVINGS



6

CALORIES



263 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white (6 oz.)
- 6 small biscotti cookies chopped
- 1 env. Knox gelatine unflavored
- 1 tsp lemon zest grated
- 2 cups milk divided
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

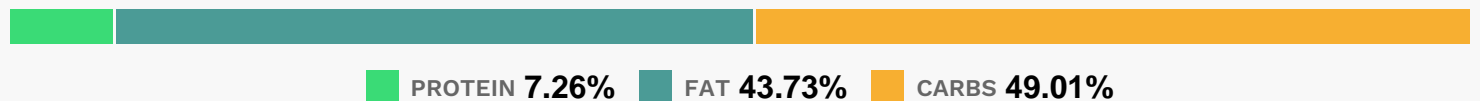
Equipment

sauce pan

Directions

- Mix gelatine, sugar and lemon zest in medium saucepan. Stir in 3/4 cup of the milk; let stand 1 min. Cook on low heat 5 min. or until gelatine is completely dissolved, stirring occasionally.
- Remove from heat.
- Add chocolate; stir until completely melted. Gradually add remaining 1-1/4 cups milk, stirring until well blended.
- Refrigerate 30 min. or until mixture is consistency of unbeaten egg whites, stirring occasionally. Gently stir in whipped topping.
- Spoon half of the gelatine mixture evenly into six 8-oz. parfait glasses. Top with the chopped cookies and remaining gelatine mixture. Refrigerate 2 hours or until set. Store leftover parfaits in refrigerator.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:19.07, Inflammation Score:-1, Nutrition Score:4.8013043429541%

Nutrients (% of daily need)

Calories: 262.87kcal (13.14%), Fat: 12.95g (19.93%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 32.47g (11.81%), Sugar: 28.5g (31.67%), Cholesterol: 13.98mg (4.66%), Sodium: 92.65mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Calcium: 148.45mg (14.84%), Phosphorus: 131.37mg (13.14%), Vitamin B2: 0.21mg (12.38%), Vitamin B12: 0.57µg (9.5%), Vitamin B1: 0.1mg (6.37%), Vitamin D: 0.89µg (5.96%), Potassium: 198.2mg (5.66%), Selenium: 3.43µg (4.91%), Vitamin B5: 0.45mg (4.5%), Magnesium: 14.39mg (3.6%), Zinc: 0.54mg (3.58%), Vitamin E: 0.53mg (3.53%), Vitamin B6: 0.07mg (3.52%), Vitamin K: 3.46µg (3.3%), Vitamin A: 155.45IU (3.11%), Vitamin B3: 0.57mg (2.84%), Folate: 9.89µg (2.47%), Manganese: 0.05mg (2.4%), Iron: 0.36mg (2.03%), Copper: 0.03mg (1.34%)