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# White Chocolate Cream Cheese Mousse ♦♦

This creamy and decadent dessert is made with white chocolate and cream cheese. It is a perfect dessert for any occasion and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

## Ingredients

200 g	white chocolate
200 g	cream cheese
200 ml	heavy cream
50 g	Powdered Sugar
1 tsp	Vanilla Extract

# Directions

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## Step 1

Melt the white chocolate in a heatproof bowl over simmering water. Let it cool slightly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

In a separate bowl, beat the cream cheese until smooth. Add the powdered sugar and vanilla extract, and mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Whipping

In another bowl, whip the heavy cream until stiff peaks form.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Folding

Gently fold the melted white chocolate into the cream cheese mixture. Then fold in the whipped cream.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 5

Refrigerating

Divide the mousse into serving glasses or bowls. Refrigerate for at least 2 hours before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 30 g

**Protein:** 5 g

**Carbohydrates:** 30 g

## Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas

Easter

Birthday

### Course

Desserts

Breads

Sauces & Dressings

## Diet

Alkaline Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Blood Type Diet

Gluten-Free Diet

The Fast Metabolism Diet

The 80/10/10 Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Peanut Butter Diet

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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