



Almond-Mocha Mousse

READY IN



148 min.

SERVINGS



6

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted coarsely chopped
- ☐ 1 tablespoon amaretto (almond-flavored liqueur)
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 6 chocolate wafers such as nabisco famous (such as Nabisco's Famous Chocolate Wafers)
- ☐ 3 large egg whites
- ☐ 1.5 teaspoons espresso granules instant
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar divided

- ☐ 2 tablespoons water
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

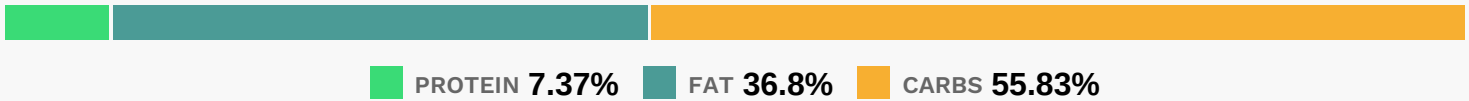
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a microwave-safe bowl. Microwave at HIGH for 45 seconds or until chocolate melts, stirring after 20 seconds; stir until smooth. Stir in liqueur.
- ☐ Place egg whites in a large bowl; beat with a mixer at medium-high speed until soft peaks form.
- ☐ Combine 1/4 cup sugar, 2 tablespoons water, and salt in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 24
- ☐ Gradually pour hot sugar syrup in a thin stream over egg whites, beating at medium speed. Increase speed to high, beating until stiff peaks form.
- ☐ Fold half of egg white mixture into chocolate mixture. Fold in remaining egg white mixture. Gently fold in whipped topping. Divide evenly among 6 bowls. Cover surface of mousse with plastic wrap; chill at least 2 hours.
- ☐ Place wafers 2 inches apart on parchment paper, flat side down. Top each with 1 teaspoon nuts.
- ☐ Place remaining 1/4 cup sugar in a clean, small, heavy saucepan; cook over medium heat until sugar dissolves and is golden (about 3 minutes). Do not stir.
- ☐ Drizzle sugar evenly over wafers.
- ☐ Let stand for 5 minutes or until set.
- ☐ Remove plastic wrap from dishes; top each serving with 1 wafer.

Nutrition Note: If you substitute an equivalent amount of whipped cream for the whipped topping in this recipe, you will add 41 calories, 8g fat, and 2g sat fat to each serving.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:13.72, Inflammation Score:-2, Nutrition Score:4.8052173524123%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.43kcal (12.02%), Fat: 9.82g (15.11%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.78g (11.56%), Sugar: 28.48g (31.64%), Cholesterol: 1.82mg (0.61%), Sodium: 83.33mg (3.62%), Alcohol: 0.65g (100%), Alcohol %: 0.98% (100%), Caffeine: 21.29mg (7.1%), Protein: 4.42g (8.85%), Manganese: 0.31mg (15.7%), Copper: 0.25mg (12.39%), Magnesium: 41.59mg (10.4%), Vitamin B2: 0.16mg (9.54%), Phosphorus: 80.34mg (8.03%), Selenium: 5.6µg (7.99%), Iron: 1.31mg (7.27%), Fiber: 1.75g (7.02%), Vitamin E: 1.04mg (6.97%), Potassium: 177.36mg (5.07%), Zinc: 0.6mg (4.02%), Calcium: 39.34mg (3.93%), Vitamin B3: 0.52mg (2.61%), Vitamin B1: 0.03mg (1.98%), Vitamin B12: 0.11µg (1.84%), Vitamin K: 1.58µg (1.51%), Folate: 5.7µg (1.42%), Vitamin B5: 0.14mg (1.39%)