



Bittersweet Chocolate Mousse à l'Orange



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons grand marnier orange-flavored (liqueur)
- ☐ 1 teaspoon orange rind grated
- ☐ 3 oranges peeled
- ☐ 1 Dash salt
- ☐ 24.6 ounce silken tofu drained reduced-fat
- ☐ 0.5 cup sugar
- ☐ 7 tablespoons cocoa unsweetened

☐ 0.5 teaspoon vanilla extract

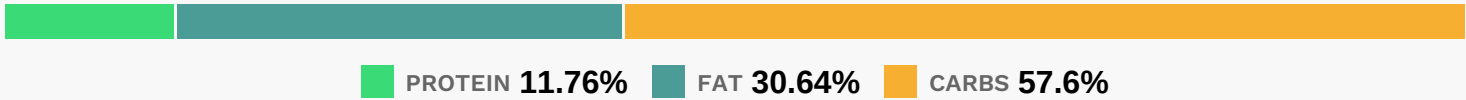
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ microwave

Directions

- ☐ Combine the first 7 ingredients in a blender or food processor; process mixture until smooth.
- ☐ Place chopped chocolate in a small microwave-safe bowl. Microwave at HIGH 1 minute or until almost melted; stir until smooth.
- ☐ Add chocolate to tofu mixture; process until smooth.
- ☐ Divide orange sections evenly among 6 bowls or parfait glasses; top each serving with 1/2 cup mousse. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:10.740434768407%

Flavonoids

Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg, Epicatechin: 11.46mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 270.93kcal (13.55%), Fat: 9.52g (14.64%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 35.23g (12.81%), Sugar: 31.24g (34.71%), Cholesterol: 0.85mg (0.28%), Sodium: 15.52mg (0.67%), Alcohol: 1.41g (100%), Alcohol %: 0.8% (100%), Caffeine: 26.91mg (8.97%), Protein: 8.22g (16.43%), Vitamin

C: 35.3mg (42.79%), Copper: 0.67mg (33.59%), Magnesium: 94.58mg (23.64%), Manganese: 0.43mg (21.52%),
Fiber: 5.02g (20.06%), Phosphorus: 161.3mg (16.13%), Iron: 2.74mg (15.22%), Potassium: 499.85mg (14.28%),
Vitamin B1: 0.18mg (12.2%), Zinc: 1.43mg (9.52%), Calcium: 79.28mg (7.93%), Vitamin B2: 0.1mg (5.77%), Folate:
21.62µg (5.4%), Vitamin B3: 0.79mg (3.95%), Selenium: 2.47µg (3.53%), Vitamin B6: 0.06mg (3.22%), Vitamin A:
155.86IU (3.12%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.17µg (1.11%)