



Cherry-Chocolate Mousse Pie

 Dairy Free

READY IN



62 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

Ingredients

- 2 tablespoons agave nectar (more if you want it sweeter)
- 0.5 cup cherries dried
- 1 graham cracker crust prepared
- 10 ounces bittersweet chocolate
- 12 ounce silken tofu light (or extra-firm silken tofu)
- 1 teaspoon vanilla

Equipment

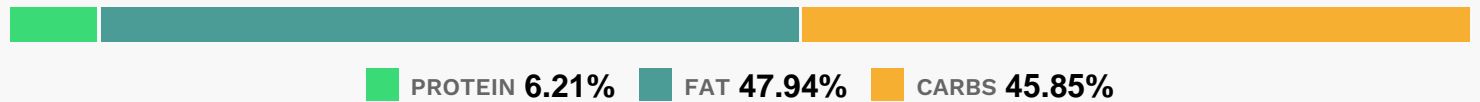
- food processor

- double boiler
- microwave

Directions

- Drain (and reserve) the water, and put the cherries into the food processor. Pulse to chop.
- Drain the tofu and add it to the food processor along with the agave nectar and vanilla. Process until smooth. Melt the chocolate in a double boiler or in the microwave.
- Pour it into the food processor and puree, scraping down the sides as needed to make sure it's well blended.
- Pour into a prepared crust and chill for several hours.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:9.0469566168992%

Nutrients (% of daily need)

Calories: 376.84kcal (18.84%), Fat: 20.02g (30.8%), Saturated Fat: 9.02g (56.38%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 39.07g (14.21%), Sugar: 24.97g (27.74%), Cholesterol: 2.13mg (0.71%), Sodium: 107.22mg (4.66%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 30.48mg (10.16%), Protein: 5.83g (11.67%), Manganese: 0.74mg (37.22%), Copper: 0.58mg (28.92%), Magnesium: 79.7mg (19.93%), Iron: 3.27mg (18.16%), Fiber: 4g (16.02%), Phosphorus: 143.45mg (14.34%), Zinc: 1.43mg (9.51%), Potassium: 302.43mg (8.64%), Vitamin K: 8.37µg (7.97%), Vitamin B1: 0.1mg (6.63%), Vitamin A: 286.87IU (5.74%), Vitamin B3: 1.15mg (5.74%), Vitamin B2: 0.09mg (5.22%), Selenium: 3.62µg (5.17%), Calcium: 48.24mg (4.82%), Vitamin E: 0.65mg (4.36%), Folate: 15.39µg (3.85%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.14mg (1.44%), Vitamin C: 0.89mg (1.08%), Vitamin B12: 0.06µg (1.06%)