



Chocolate a l'Orange Mousse Pie

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

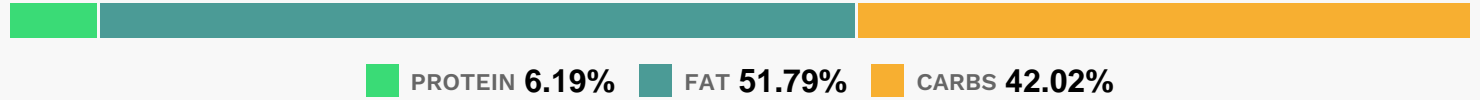
- 8 servings graham cracker crust prepared
- 1 tablespoon agave nectar
- 3 tablespoons orange liqueur
- 8 servings almonds grated sliced for garnish
- 10 oz bittersweet chocolate (dairy-free kind)
- 12 ounce silken tofu firm

Equipment

Directions

- Pour into a graham cracker crust. Chill. Top with sliced almonds and orange peel.
- Serve to a mom and watch her smile!

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:8.8217390697935%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 365.03kcal (18.25%), Fat: 20.46g (31.48%), Saturated Fat: 9.05g (56.58%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 33.94g (12.34%), Sugar: 21.01g (23.34%), Cholesterol: 2.13mg (0.71%), Sodium: 105.14mg (4.57%), Alcohol: 1.46g (100%), Alcohol %: 1.71% (100%), Caffeine: 31.94mg (10.65%), Protein: 5.5g (11%), Manganese: 0.76mg (38.19%), Copper: 0.59mg (29.49%), Magnesium: 82.43mg (20.61%), Iron: 3.18mg (17.65%), Phosphorus: 148.24mg (14.82%), Fiber: 3.41g (13.63%), Zinc: 1.46mg (9.71%), Potassium: 310.32mg (8.87%), Vitamin K: 7.72µg (7.35%), Vitamin B1: 0.1mg (6.53%), Vitamin E: 0.88mg (5.86%), Vitamin B3: 1.16mg (5.82%), Vitamin B2: 0.1mg (5.62%), Selenium: 3.63µg (5.18%), Calcium: 44.02mg (4.4%), Folate: 14.88µg (3.72%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.06µg (1.06%)