



Chocolate Mousse



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 3 large egg whites
- ☐ 12.3 ounce extra tofu reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semi chocolate chips melted
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

Equipment

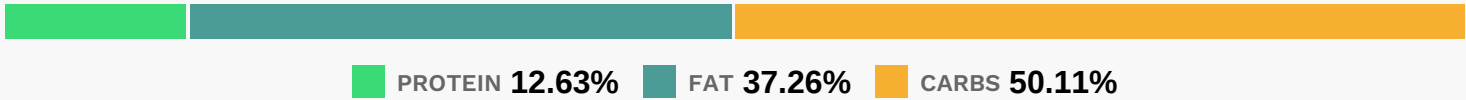
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ candy thermometer

Directions

- ☐ Place chocolate and tofu in a food processor or blender, and process 2 minutes or until smooth.
- ☐ Place salt and egg whites in a medium bowl, and beat with a mixer at high speed until stiff peaks form.
- ☐ Combine sugar and water in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- ☐ Pour the hot sugar syrup in a thin stream over egg whites, beating at high speed. Gently stir one-fourth of meringue into the tofu mixture; gently fold in remaining meringue. Spoon 1/2 cup mousse into each of 8 (6-ounce) custard cups. Cover and chill for at least 4 hours.
- ☐ Garnish with whipped topping and grated chocolate, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:3.9782608634104%

Nutrients (% of daily need)

Calories: 176.24kcal (8.81%), Fat: 7.35g (11.31%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 20.86g (7.59%), Sugar: 19.19g (21.32%), Cholesterol: 1.01mg (0.34%), Sodium: 122.86mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.51mg (4.84%), Protein: 5.61g (11.21%), Copper: 0.3mg (15.14%), Manganese: 0.23mg (11.28%), Magnesium: 42.91mg (10.73%), Phosphorus: 89.32mg (8.93%), Iron: 1.6mg (8.9%), Selenium: 3.97µg (5.67%), Fiber: 1.39g (5.57%), Potassium: 183.24mg (5.24%), Zinc: 0.71mg (4.76%), Vitamin B2: 0.08mg (4.69%), Vitamin B1: 0.04mg (2.69%), Calcium: 25.23mg (2.52%), Vitamin B3: 0.26mg (1.28%), Vitamin K: 1.22µg (1.16%)