



Chocolate Mousse Cups



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



16

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons cocoa powder
- ☐ 1 cup dairy-free
- ☐ 2 cups dairy free coconut milk beverage chocolate so delicious®
- ☐ 14 ounce extra tofu firm drained
- ☐ 6 packets stevia powder for other sweetener options (see below)

Equipment

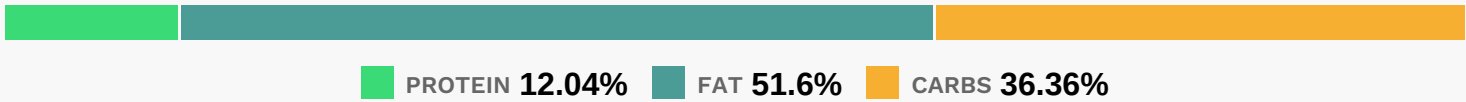
- ☐ food processor
- ☐ blender

☐ double boiler

Directions

☐ Melt the chocolate chips over a double boiler. While the chocolate is melting, blend the tofu, coconut milk beverage, cacao powder, and stevia in a blender or food processor until very smooth. You may need to stop the machine a few times and scrape down the sides. Once the chocolate has melted, add it to the rest of the ingredients and blend until smooth, scraping down the sides as needed. The mixture will now be warm and the consistency of pudding. You can serve the dessert at this point as warm chocolate pudding, or you can chill it to make chocolate mousse. For mousse, pour the pudding into a glass container and store it in the refrigerator for several hours or overnight to firm up. Prior to piping, whip the mousse with a handheld mixer to whip air into it. Pipe the mousse into chocolate cups and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.7526087650786%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 89.85kcal (4.49%), Fat: 5.47g (8.42%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.15g (5.72%), Cholesterol: 0.66mg (0.22%), Sodium: 17.12mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.72mg (4.57%), Protein: 2.87g (5.75%), Vitamin D: 14.75µg (98.33%), Copper: 0.26mg (12.86%), Manganese: 0.22mg (10.84%), Magnesium: 40.21mg (10.05%), Iron: 1.25mg (6.93%), Fiber: 1.71g (6.86%), Phosphorus: 67.01mg (6.7%), Vitamin B12: 0.39µg (6.47%), Zinc: 0.64mg (4.27%), Potassium: 128.77mg (3.68%), Calcium: 29.14mg (2.91%), Selenium: 1.19µg (1.7%), Vitamin B1: 0.02mg (1.64%), Vitamin B2: 0.02mg (1.08%)