



Chocolate Orange Flavored Mousse



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



10

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 0.7 cup almonds chopped
- ☐ 10 eggs separated
- ☐ 1 orange zest
- ☐ 3 cups semi chocolate chips
- ☐ 0.8 cup water

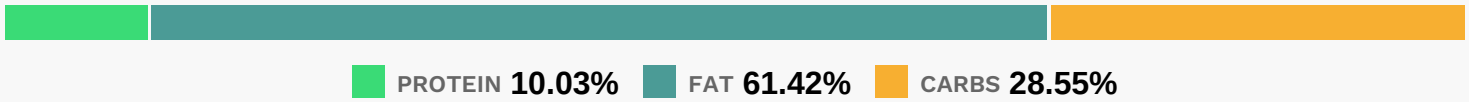
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over low heat, melt chocolate with water, stirring until smooth.
- ☐ Remove from heat, stir in orange zest, and let cool.
- ☐ Beat egg whites until stiff. Beat egg yolks into cooled chocolate. Beat a small amount of whites into chocolate with almonds. Fold in remaining egg whites. Chill in individual serving dishes 8 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:15.322608584943%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 431.94kcal (21.6%), Fat: 29.63g (45.59%), Saturated Fat: 13.64g (85.23%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 25.34g (9.22%), Sugar: 20.4g (22.67%), Cholesterol: 166.92mg (55.64%), Sodium: 68.9mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 46.44mg (15.48%), Protein: 10.89g (21.78%), Manganese: 0.95mg (47.28%), Copper: 0.81mg (40.39%), Magnesium: 126.5mg (31.63%), Phosphorus: 273.63mg (27.36%), Selenium: 18.45µg (26.35%), Iron: 4.55mg (25.26%), Fiber: 5.64g (22.56%), Vitamin E: 3.22mg (21.49%), Vitamin B2: 0.34mg (19.84%), Zinc: 2.3mg (15.34%), Potassium: 439.32mg (12.55%), Vitamin B5: 0.89mg (8.87%), Calcium: 86.23mg (8.62%), Vitamin B12: 0.49µg (8.15%), Folate: 25.23µg (6.31%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.11mg (5.42%), Vitamin A: 269.74IU (5.39%), Vitamin B3: 0.84mg (4.21%), Vitamin K: 4.02µg (3.83%), Vitamin B1: 0.06mg (3.72%), Vitamin C: 1.63mg (1.98%)