



Chocolate Tofu Mousse



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



324 kcal

Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 0.3 cup blueberries
- ☐ 0.3 cup raspberries
- ☐ 10 ounce silken tofu drained
- ☐ 1 cup soymilk
- ☐ 0.5 vanilla pod

Equipment

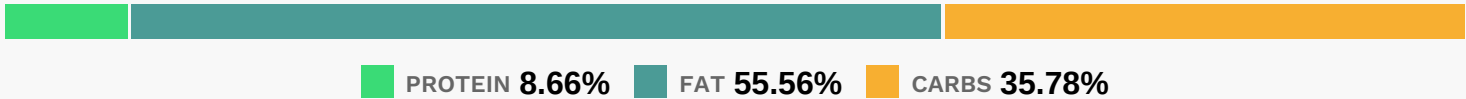
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ blender

Directions

- ☐ Place chopped bittersweet chocolate in a bowl. In a saucepan, combine soy milk and scraped vanilla bean. Bring to a boil; pour over chocolate.
- ☐ Let stand 1 minute.
- ☐ Remove vanilla bean and whisk until smooth. In a blender, process drained silken tofu until creamy (10 seconds).
- ☐ Add ganache; blend until smooth (20–30 seconds). Spoon into 5 individual bowls; refrigerate until mousse is firm (1 hour). Before serving, divide 1/4 cup each raspberries and blueberries among bowls.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:11.739565211794%

Flavonoids

Cyanidin: 3.37mg, Cyanidin: 3.37mg, Cyanidin: 3.37mg, Cyanidin: 3.37mg Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 323.57kcal (16.18%), Fat: 19.99g (30.75%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 24.52g (8.92%), Sugar: 19.59g (21.77%), Cholesterol: 2.72mg (0.91%), Sodium: 31.1mg (1.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.01mg (13%), Protein: 7.01g (14.02%), Copper: 0.75mg (37.56%), Manganese: 0.67mg (33.3%), Magnesium: 98.04mg (24.51%), Iron: 3.63mg (20.14%), Fiber: 4.44g (17.77%), Phosphorus: 155.72mg (15.57%), Potassium: 440.56mg (12.59%), Calcium: 113.72mg (11.37%), Zinc: 1.65mg (10.98%), Vitamin B3: 2.17mg (10.85%), Vitamin E: 1.55mg (10.34%), Vitamin B12: 0.59µg (9.86%), Vitamin B2: 0.14mg (8.48%), Selenium: 4.92µg (7.02%), Vitamin B1: 0.11mg (7.01%), Vitamin B6: 0.14mg (6.94%), Vitamin C: 5.69mg (6.89%), Vitamin K: 5.16µg (4.92%), Vitamin A: 214.15IU (4.28%), Folate: 16.81µg (4.2%), Vitamin D: 0.57µg (3.78%), Vitamin B5: 0.17mg (1.65%)