



Chocolate Tofu Mousse

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



76 kcal

Ingredients

- 0.3 cup milk fat-free
- 1 cup marshmallow crème jet-puffed
- 2 oz baker's semi-sweet chocolate
- 12.3 oz lite silken tofu drained
- 3 cups strawberries sliced
- 0.3 cup cocoa powder unsweetened

Equipment

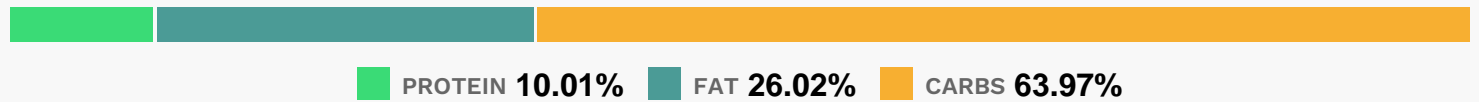
- bowl
- whisk

- blender
- microwave

Directions

- Place chocolate and milk in microwavable bowl. Microwave on MEDIUM (50%) 2 minutes, stirring after each minute.
- Add cocoa powder; mix well.
- Pour chocolate mixture into blender container.
- Add tofu; cover. Blend until smooth.
- Pour into large bowl.
- Add marshmallow creme; stir with wire whisk until well blended. Cover.
- Refrigerate 3 hours or until chilled. Top each serving with 1/2 cup strawberries.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:0.74, Inflammation Score:-2, Nutrition Score:3.7778260992921%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 76.17kcal (3.81%), Fat: 2.43g (3.74%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.83g (4.3%), Sugar: 8.62g (9.57%), Cholesterol: 0.39mg (0.13%), Sodium: 4.46mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.65mg (2.55%), Protein: 2.1g (4.2%), Vitamin C: 16.93mg (20.53%), Manganese: 0.23mg (11.74%), Copper: 0.18mg (9.08%), Magnesium: 27.33mg (6.83%), Fiber: 1.61g (6.44%), Phosphorus: 51.01mg (5.1%), Iron: 0.81mg (4.52%), Potassium: 145.48mg (4.16%), Zinc: 0.42mg (2.77%), Vitamin B1: 0.04mg (2.39%), Calcium: 23.79mg (2.38%), Folate: 7.63µg (1.91%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.26mg (1.3%), Selenium: 0.81µg (1.16%), Vitamin B6: 0.02mg (1.14%)