



Dacquoise with Mocha Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup light-colored corn syrup
- ☐ 1 teaspoon cornstarch
- ☐ 0.8 cup dutch process cocoa
- ☐ 5 large egg whites
- ☐ 3 cups vanilla yogurt frozen low-fat softened
- ☐ 1 tablespoon coffee granules instant
- ☐ 1 Dash salt
- ☐ 0.3 cup semi chocolate chips

- ☐ 1 cup strong coffee decoction brewed
- ☐ 0.7 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ serrated knife

Directions

- ☐ Preheat oven to 27
- ☐ Cover 2 baking sheets with parchment paper. Draw 2 (9 1/2-inch) circles on paper. Turn paper over; secure with masking tape.
- ☐ Place egg whites, vanilla, and salt in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Divide the egg white mixture evenly between the 2 drawn circles.
- ☐ Spread egg white mixture onto the circles using the back of spoon.
- ☐ Bake at 275 for 1 hour or until dry. Turn oven off; cool meringues in closed oven at least 1 hour.
- ☐ Remove meringues from oven; cool.
- ☐ To prepare filling, beat yogurt and coffee granules until smooth. Carefully remove the meringues from paper. Invert 1 meringue onto a serving plate.
- ☐ Spread filling evenly over meringue. Top with remaining meringue. Cover and freeze several hours or until firm.
- ☐ To prepare mocha sauce, combine brewed coffee, cocoa, corn syrup, and cornstarch in a saucepan. Bring to a boil, and cook for 1 minute, stirring constantly.

- ☐ Remove from heat; stir in chocolate chips and vanilla.
- ☐ Remove dacquoise from freezer, and let stand for 5 minutes.
- ☐ Cut dacquoise into wedges with a serrated knife.
- ☐ Drizzle the mocha sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:9.83, Inflammation Score:-3, Nutrition Score:5.1517391289058%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 191.61kcal (9.58%), Fat: 4.76g (7.33%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 34.63g (12.59%), Sugar: 32.7g (36.33%), Cholesterol: 1.02mg (0.34%), Sodium: 68.51mg (2.98%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 37.65mg (12.55%), Protein: 4.37g (8.75%), Manganese: 0.29mg (14.56%), Copper: 0.29mg (14.28%), Magnesium: 44.31mg (11.08%), Phosphorus: 102.85mg (10.28%), Vitamin B2: 0.17mg (10.24%), Fiber: 2.39g (9.56%), Selenium: 5.35µg (7.64%), Iron: 1.21mg (6.72%), Potassium: 233.59mg (6.67%), Calcium: 65.4mg (6.54%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.34mg (3.38%), Vitamin B3: 0.43mg (2.17%), Vitamin B12: 0.13µg (2.1%), Vitamin B1: 0.03mg (2.06%), Vitamin B6: 0.04mg (1.9%), Vitamin A: 78.82IU (1.58%), Folate: 4.82µg (1.21%)