



Dark Chocolate Mousse

 Gluten Free

READY IN



80 min.

SERVINGS



5

CALORIES



277 kcal

DESSERT

Ingredients

- 3 ounces bittersweet chocolate finely chopped
- 1 tablespoon brandy
- 1.3 teaspoons chocolate shaved
- 0.3 cup heavy cream
- 12.3 ounce silken tofu drained
- 0.5 cup caster sugar
- 0.3 cup cocoa powder unsweetened
- 0.3 cup water

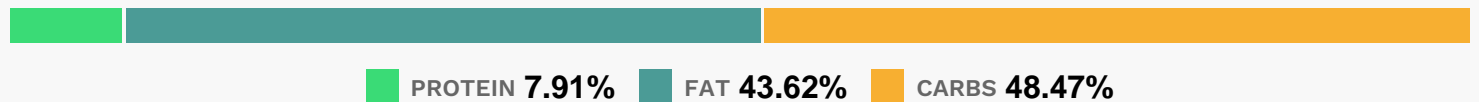
Equipment

- food processor
- bowl
- sauce pan
- pot
- blender

Directions

- Watch how to make this recipe.
- In a blender or food processor, puree the tofu until it is smooth.
- Put the chopped chocolate, cocoa powder, 1/4 cup water and brandy in a saucepan or heat-proof bowl fitted over a pot containing 1-inch barely simmering water. Stir frequently, until melted and smooth.
- Remove from heat.
- Mix in 1/2 cup of sugar, a little at a time, until smooth.
- Add the chocolate mixture to the tofu and puree until smooth and well blended. Spoon the mousse into serving dishes, cover and refrigerate for at least 1 hour.
- Whip the cream with a beater. When the cream is almost completely whipped, add the remaining 1/2 teaspoon of sugar and finish whipping. Top each serving with a dollop of whipped cream and a sprinkle of chocolate shavings and serve.

Nutrition Facts



Properties

Glycemic Index:25.54, Glycemic Load:14.25, Inflammation Score:-4, Nutrition Score:6.5808695166007%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 277.28kcal (13.86%), Fat: 13.77g (21.18%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 31.34g (11.4%), Sugar: 28.17g (31.31%), Cholesterol: 14.47mg (4.82%), Sodium: 10.32mg (0.45%), Alcohol: 1g (100%), Alcohol %: 0.91% (100%), Caffeine: 25.33mg (8.44%), Protein: 5.62g (11.23%), Copper: 0.53mg (26.6%), Manganese: 0.4mg (19.9%), Magnesium: 73.96mg (18.49%), Phosphorus: 127.86mg (12.79%), Iron: 2.3mg (12.79%), Fiber: 3.09g (12.36%), Potassium: 302.68mg (8.65%), Zinc: 1.16mg (7.72%), Vitamin B1: 0.08mg (5.42%), Calcium: 46.37mg (4.64%), Vitamin B2: 0.08mg (4.46%), Vitamin A: 183.43IU (3.67%), Selenium: 2.56µg (3.65%), Vitamin B3: 0.46mg (2.31%), Vitamin K: 1.79µg (1.71%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.19µg (1.27%), Vitamin B6: 0.02mg (1.16%)