



Easy Mocha Mousse

 Gluten Free

READY IN



250 min.

SERVINGS



12

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 12 servings garnish: berries fresh
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup espresso grounds brewed
- ☐ 1.3 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 12 oz semisweet chocolate morsels
- ☐ 4 tablespoons sugar
- ☐ 12 servings whipped cream sweetened

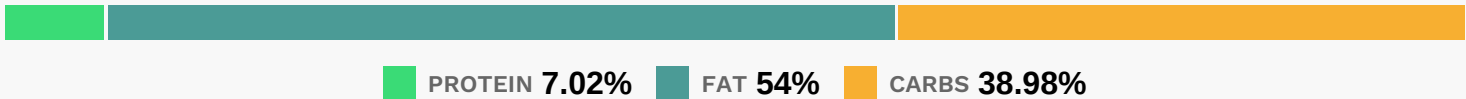
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook milk in a heavy nonaluminum saucepan over medium-high heat 2 to 3 minutes or until tiny bubbles begin to appear around edges of pan.
- ☐ Remove from heat.
- ☐ Combine chocolate morsels and next 4 ingredients in a blender. Process mixture on low speed 20 seconds or until smooth. With blender running on low, add milk in a slow, steady stream, processing 1 minute or until smooth.
- ☐ Pour 1/3 cup chocolate mixture into each of 12 (5-oz.) glasses. Cover and chill 4 to 24 hours. Top with whipped cream, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.59, Glycemic Load:3.69, Inflammation Score:-3, Nutrition Score:6.3539130198567%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 216.98kcal (10.85%), Fat: 13.09g (20.14%), Saturated Fat: 7.58g (47.41%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.97g (6.9%), Sugar: 16.47g (18.3%), Cholesterol: 9.51mg (3.17%), Sodium: 58.48mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 34.8mg (11.6%), Protein: 3.83g (7.65%), Manganese: 0.38mg (19.08%), Copper: 0.36mg (18%), Magnesium: 59.29mg (14.82%), Phosphorus: 114.09mg (11.41%), Iron: 2mg (11.13%),

Selenium: 7.14µg (10.19%), Fiber: 2.3g (9.18%), Potassium: 237.81mg (6.79%), Zinc: 0.99mg (6.57%), Calcium: 64.52mg (6.45%), Vitamin B2: 0.1mg (6.1%), Vitamin B12: 0.25µg (4.15%), Vitamin B5: 0.37mg (3.73%), Vitamin D: 0.48µg (3.21%), Vitamin B3: 0.55mg (2.73%), Vitamin B1: 0.04mg (2.59%), Vitamin E: 0.38mg (2.56%), Vitamin A: 122.15IU (2.44%), Vitamin K: 2.43µg (2.31%), Vitamin B6: 0.04mg (2.13%)