

Mocha Mousse



Gluten Free



Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

259 kcal

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DESSERT

Ingredients



0.3 teaspoon cream of tartar



3 large egg whites



1 tablespoon espresso granules instant



2 ounces bittersweet chocolate chopped



2 teaspoons bittersweet chocolate grated



0.7 cup sugar



1 tablespoon cocoa unsweetened



2 tablespoons water

- ☐ 2 tablespoons water hot
- ☐ 0.3 cup non-dairy whipped topping frozen thawed reduced-calorie

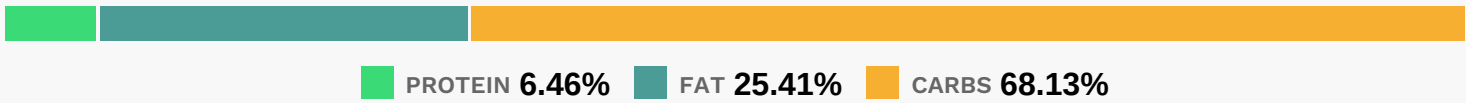
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ double boiler

Directions

- ☐ Combine first 4 ingredients in a small saucepan. Cook over low heat until chocolate melts and mixture is smooth, stirring constantly.
- ☐ Remove from heat.
- ☐ Combine sugar, 2 tablespoons water, cream of tartar, and egg whites in the top of a double boiler.
- ☐ Place over simmering water; beat mixture at high speed of a mixer until stiff peaks form (about 4 minutes). Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture and whipped topping. Divide mixture evenly among 4 dessert dishes. Cover and chill.
- ☐ Sprinkle each serving with 1/2 teaspoon grated chocolate.
- ☐ Note: To freeze, cool completely; cover and freeze. Thaw in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:23.27, Inflammation Score:-2, Nutrition Score:4.3056521337965%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 259.29kcal (12.96%), Fat: 7.52g (11.57%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 43.57g (15.84%), Sugar: 41.05g (45.61%), Cholesterol: 1.12mg (0.37%), Sodium: 49.15mg (2.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 56.43mg (18.81%), Protein: 4.3g (8.6%), Manganese: 0.29mg (14.71%), Copper: 0.27mg (13.41%), Magnesium: 42.92mg (10.73%), Selenium: 7.03µg (10.05%), Vitamin B2: 0.13mg (7.81%), Iron: 1.33mg (7.39%), Fiber: 1.79g (7.18%), Potassium: 235.85mg (6.74%), Phosphorus: 64.57mg (6.46%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.55mg (2.76%), Calcium: 20.65mg (2.06%), Vitamin K: 1.45µg (1.38%), Vitamin B12: 0.06µg (1.08%), Vitamin B5: 0.1mg (1.01%)