



Mocha Mousse from Eating Light 400 Calories or Less



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 0.8 cup agave nectar
- ☐ 1 teaspoon cinnamon (I omitted)
- ☐ 36 ounces extra-firm silken tofu
- ☐ 4 teaspoons coffee crystals instant
- ☐ 3 tablespoons kahlua
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 4 teaspoons vanilla extract

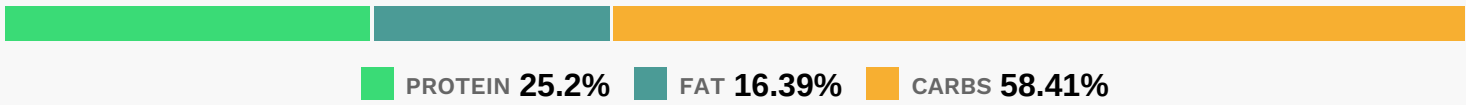
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In saucepan on low, heat 3 Tbsp. Kahlua.
- ☐ Add 4 tsp. instant-coffee granules; stir to dissolve.In food processor, combine 36 oz. drained extra-firm silken tofu, 3/4 cup agave nectar, 1/4 cup unsweetened cocoa powder, 4 tsp. vanilla extract, 1 tsp. ground cinnamon (if using), and coffee mixture. Process 6 minutes or until smooth. Spoon mousse into bowls; refrigerate 30 minutes.
- ☐ Garnish with whipped cream, raspberries, and mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.36, Inflammation Score:-3, Nutrition Score:5.2860870093269%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 167.67kcal (8.38%), Fat: 2.91g (4.47%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.03g (8.01%), Sugar: 18.23g (20.25%), Cholesterol: 0mg (0%), Sodium: 82.6mg (3.59%), Alcohol: 1.91g (100%), Alcohol %: 1.52% (100%), Caffeine: 21.88mg (7.29%), Protein: 10.06g (20.13%), Copper: 0.36mg (18.09%), Phosphorus: 149.3mg (14.93%), Magnesium: 50.09mg (12.52%), Iron: 1.96mg (10.86%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.16mg (8.05%), Potassium: 259.87mg (7.42%), Zinc: 0.96mg (6.39%), Fiber: 1.3g (5.18%), Vitamin B2: 0.09mg (5.07%), Calcium: 46.62mg (4.66%), Vitamin K: 4.8µg (4.57%), Vitamin C: 3.52mg (4.26%), Vitamin B6: 0.07mg (3.33%), Vitamin B3: 0.65mg (3.27%), Folate: 7.06µg (1.77%), Vitamin E: 0.21mg (1.4%), Selenium: 0.81µg (1.15%)