



Nutella Mousse



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



492 kcal

Ingredients



5.5 oz nutella



6 oz spicy tofu firm

Equipment



food processor



blender

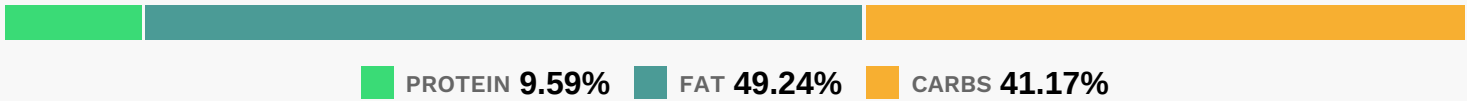


ramekin

Directions

☐ Blend tofu and Nutella on high speed in blender or food processor until no tofu chunks remain. Spoon into ramekin. Tap bottom of ramekins onto counter or other surface so that mousse levels out. Chill in refrigerator to set for several hours.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:13.23, Inflammation Score:-2, Nutrition Score:9.2008695934454%

Nutrients (% of daily need)

Calories: 491.65kcal (24.58%), Fat: 26.9g (41.38%), Saturated Fat: 22.57g (141.04%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 45.71g (16.62%), Sugar: 42.35g (47.06%), Cholesterol: 0mg (0%), Sodium: 35.37mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.46mg (1.82%), Protein: 11.79g (23.57%), Manganese: 0.68mg (33.84%), Vitamin E: 3.87mg (25.78%), Iron: 4.44mg (24.64%), Fiber: 4.89g (19.56%), Calcium: 190.51mg (19.05%), Copper: 0.37mg (18.28%), Magnesium: 49.9mg (12.47%), Phosphorus: 118.5mg (11.85%), Potassium: 317.3mg (9.07%), Vitamin B2: 0.13mg (7.8%), Zinc: 0.83mg (5.51%), Vitamin B1: 0.07mg (4.42%), Selenium: 2.81µg (4.01%), Vitamin B12: 0.21µg (3.51%), Vitamin B6: 0.06mg (3.2%), Vitamin B5: 0.28mg (2.78%), Folate: 10.91µg (2.73%), Vitamin B3: 0.33mg (1.66%), Vitamin K: 1.48µg (1.41%)