



Tofu Chocolate Mousse

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



269 kcal

DESSERT

Ingredients

- 0.8 cup chocolate chips
- 12 ounces silken tofu room-temperature
- 0.5 cup milk warmed
- 1 ounce chocolate chips finely chopped

Equipment

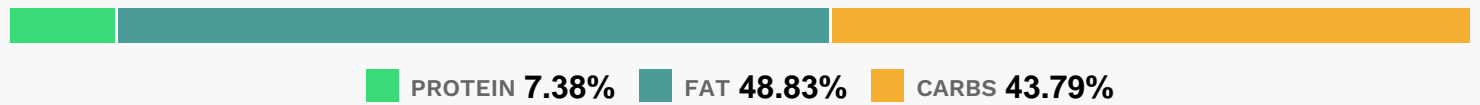
- food processor
- bowl
- sieve

microwave

Directions

- Microwave chocolate chips in 30-second increments, stirring each time, until melted.
- In a food processor, puree melted chocolate with silken tofu (soft or firm) and warmed milk until smooth. Force mixture through a sieve into a medium bowl, pressing with a spoon.
- Scoop mixture into four serving dishes, and refrigerate until chilled, about 30 minutes.
- Garnish desserts with finely chopped chocolate or chocolate chips, if desired.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:3.1686956741564%

Nutrients (% of daily need)

Calories: 269.26kcal (13.46%), Fat: 14.94g (22.98%), Saturated Fat: 8.16g (51.03%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 30.06g (10.93%), Sugar: 25.92g (28.8%), Cholesterol: 3.66mg (1.22%), Sodium: 15.84mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Calcium: 93.05mg (9.31%), Potassium: 315.51mg (9.01%), Copper: 0.18mg (8.82%), Phosphorus: 83.54mg (8.35%), Magnesium: 28.32mg (7.08%), Vitamin B1: 0.1mg (6.81%), Vitamin B2: 0.08mg (4.48%), Iron: 0.7mg (3.87%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Vitamin B3: 0.29mg (1.44%), Vitamin B6: 0.03mg (1.4%), Vitamin B5: 0.11mg (1.14%)