

Sharon Valencik

with photos by MILANI VALENCIK

Vegan Chocolate Merlot Mousse



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 5 Ounces bittersweet chocolate melted
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup merlot
- ☐ 1.5 cups silken tofu drained at room temperature
- ☐ 1.5 Teaspoons vanilla extract pure

Equipment

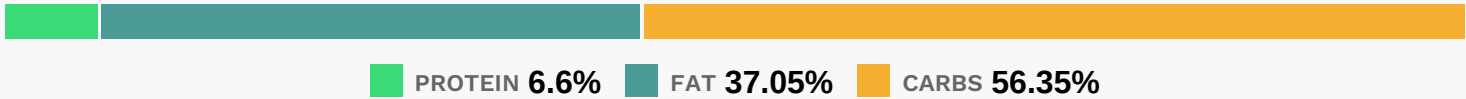
- ☐ food processor
- ☐ blender

☐ ramekin

Directions

☐ Melt the chocolate.Process all of the ingredients in a food processor or blender until creamy.Spoon into 4 ramekins or fancy glasses.Cover and refrigerate several hours or overnight before serving.Just before serving, sprinkle the chocolate shavings and berries over each serving of mousse.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:23.34, Inflammation Score:-4, Nutrition Score:7.6265217644041%

Nutrients (% of daily need)

Calories: 402.95kcal (20.15%), Fat: 16.08g (24.74%), Saturated Fat: 8.12g (50.77%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 52.11g (18.95%), Sugar: 47.75g (53.05%), Cholesterol: 2.13mg (0.71%), Sodium: 9.23mg (0.4%), Alcohol: 2.6g (100%), Alcohol %: 1.85% (100%), Caffeine: 30.48mg (10.16%), Protein: 6.44g (12.88%), Copper: 0.63mg (31.57%), Manganese: 0.5mg (25.01%), Magnesium: 90.64mg (22.66%), Iron: 3.08mg (17.09%), Phosphorus: 151.76mg (15.18%), Fiber: 2.92g (11.69%), Potassium: 388.49mg (11.1%), Zinc: 1.43mg (9.55%), Vitamin B1: 0.1mg (6.75%), Calcium: 51.55mg (5.15%), Selenium: 3.22µg (4.59%), Vitamin B2: 0.07mg (3.92%), Vitamin B3: 0.61mg (3.07%), Vitamin K: 2.55µg (2.43%), Vitamin B6: 0.03mg (1.67%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.11mg (1.13%), Vitamin B12: 0.06µg (1.06%)