Humane World for Animals™

Silky chocolate mousse

Recipe group	Additional name	Diet factors	Portions	Portion size
Dessert, American	Recipe Testing	VG, GF, NF	12	5.07 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 cup	2 lb 1.86 oz	0%	2 lb 1.86 oz	Tofu, SIlken, soft, drained	For chocolate mousse: To a high-powered blender, add all ingredients in step 1 and blend until fully combined and mousse is creamy and smooth.
	2 cup	1 lb 4.80 oz	0%	1 lb 4.80 oz	Vegan Chocolate chips, semisweet, melted	
	1/2 cup	5.52 oz	0%	5.52 oz	Syrup, Maple	
	4 tsp	0.61 oz	0%	0.61 oz	Extract, Vanilla	
	1/2 tsp	0.02 oz	0%	0.02 oz	Espresso, instant, powder	
	1/2 tsp	0.05 oz	0%	0.05 oz	Salt, Kosher	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						For service: Portion 4 ounces of chocolate mousse per serving. Garnish with toppings of choice. Topping recommendations: Raspberries, blueberries, shredded coconut, nuts, powdered sugar, etc.



Final- Silky chocolate mousse

MEMO

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	17.54 g	44.24 %
Saturated	9.39 g	23.69 %
Monounsaturated	5.11 g	12.88 %
Polyunsaturated	1.78 g	4.49 %
Trans fatty acids	0.05 g	0.14 %
Cholesterol	3.93 mg	
Linolenic acid	0.49 g	1.25 %
Alpha-linolenic acid	41.77 mg	0.11 %
Total Carbohydrate	41.35 g	47.92 %
Sugars total	32.65 g	
Added sugar	0.00 g	0.00 %
Lactose	0.81 g	
Fiber	3.52 g	1.92 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	6.25 g	7.24 %
Alcohol	0.50 g	0.99 %

Calories	
350.58 kcal	
1,466.81 kJ	

Minerals	
Salt	0.15 g
Salt	0.11 %
Sodium	61.76 mg
Phosphorus	151.34 mg
Potassium	450.45 mg
Iron	4.62 mg
Calcium	65.88 mg
Zinc	1.60 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	98.04 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	1.56 µg
Copper	0.68 mg

Vitamins	
Vitamin A	0.98 µg
Vitamin D	0.00 µg
Thiamine	0.10 mg
Riboflavin	0.22 mg
Niacin	0.63 mg
Vitamin B6	0.03 mg
Vitamin B12	0.11 µg
Folate	0.00 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	0.00 mg
Vitamin E	0.27 mg
Vitamin K	3.98 µg

Others	
Water	76.66 g

CO2

0.17 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

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