

## 101 – COCONUT -COCONUT MOCHA MOUSSE

## NUTRITION SUMMARY

Nutrient		Value per serving (211g)	%RDI*
Total Calories	(kcal)	432	
Carbohydrates	(g)	50	16.85
Protein	(g)	17.49	35
Total fats	(g)	18	27
Saturated fat	(g)	15.19	75
Cholesterol	(mg)	16.67	5.56
Dietary fiber	(g)	2	7
Vitamin B2	(mg)	0.52	30
Vitamin B6	(mg)	0.11	5.50
Calcium	(mg)	200	20
Manganese	(mg)	0.97	48
Potassium	(mg)	362	10
Selenium	(mcg)	26	38
sodium	(mg)	352	15

\*Based on 2000Cal diet

**Comments:**

Savour a mouthful of this fantastic tasting mousse made with extravaganza of ingredients where the sweet smell of sugar, savory taste of egg & tantalizing Ayam **coconut cream** intermingle and satisfy the most finicky of palates & draws the young as easily as they entice the old. It is packed with essential vitamins & minerals including Selenium which is about 38% daily value in one serving of this dessert. Almost 80% of the saturated fat comes from the egg yolk, butter & whipping cream added to the recipe & this can be further shunned by substituting these ingredients with fat free cream/margarine/less egg yolks. Mounting evidence suggest that saturated fat encased in coconut cream is actually healthy good fat that your body can easily metabolize and turn into energy fast, without raising your blood cholesterol level and adding pounds to your weight.