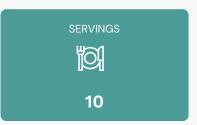


# **Baked Chocolate Mousse**







DESSERT

# **Ingredients**

0.3 cup sugar

4 ounces bittersweet chocolate finely chopped
1 tablespoon brandy
0.3 cup dutch process cocoa
2 large egg whites
2 large eggs
1 teaspoon espresso granules instant
1 Dash salt

	1 ounce chocolate unsweetened finely chopped	
	0.5 teaspoon vanilla extract	
	0.5 cup water	
	1.5 cups non-dairy whipped topping frozen thawed reduced-calorie	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	whisk	
	wire rack	
	blender	
	double boiler	
	kitchen thermometer	
	springform pan	
Directions		
	Preheat oven to 35	
	Bring 1/2 cup water to a boil in a small saucepan.	
	Add cocoa and espresso, stirring until smooth.	
	Remove pan from heat.	
	Add chocolates; gently stir until mixture is smooth. Stir in brandy and vanilla.	
	Pour chocolate mixture into a large bowl.	
	Let stand 10 minutes; stir occasionally.	
	Combine eggs, egg whites, sugar, and salt in the top of a double boiler, stirring with a whisk. Cook over simmering water until a thermometer reaches 115 (about 2 minutes), stirring constantly with a whisk.	

Nutrition Facts
OR USE WHIPPED CREAM: If you substitute an equal amount of whipped cream for the whipped topping, you'll add 62 calories, 7g fat, and 2g sat fat to each serving. You will also need to bake the mousse about 5 minutes longer.
Bake at 350 for 27 minutes or until almost set (center will not be firm but will set as it chills). Cool to room temperature on a wire rack. Cover and chill at least 8 hours or overnight.
Gently stir one-third of egg mixture into chocolate mixture; gently fold in remaining egg mixture. Gently fold in whipped topping. Spoon batter into an 8-inch springform pan coated with baking spray, spreading evenly.
Place egg mixture in a medium bowl; beat with a mixer at high speed until ribbony, soft peaks form (about 5 minutes).

PROTEIN 9.53% FAT 47.11% CARBS 43.36%

### **Properties**

Glycemic Index:8.51, Glycemic Load:4.65, Inflammation Score:-3, Nutrition Score:5.3073913066284%

#### **Flavonoids**

Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epicatechin: 9.65mg, Epicatechin: 9.65mg, Epicatechin: 9.65mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

### Nutrients (% of daily need)

Calories: 159.39kcal (7.97%), Fat: 8.68g (13.35%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 15.53g (5.65%), Sugar: 13.66g (15.17%), Cholesterol: 38.11mg (12.7%), Sodium: 40.28mg (1.75%), Alcohol: 0.57g (100%), Alcohol %: 1.11% (100%), Caffeine: 21.75mg (7.25%), Protein: 3.95g (7.9%), Manganese: 0.38mg (19.23%), Copper: 0.35mg (17.73%), Magnesium: 46.72mg (11.68%), Iron: 1.81mg (10.05%), Fiber: 2.44g (9.75%), Phosphorus: 91.35mg (9.14%), Selenium: 6.3µg (9.01%), Zinc: 0.91mg (6.09%), Vitamin B2: 0.1mg (5.98%), Potassium: 171.32mg (4.89%), Calcium: 28.2mg (2.82%), Vitamin B12: 0.14µg (2.3%), Vitamin B5: 0.21mg (2.12%), Folate: 7.01µg (1.75%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.55µg (1.48%), Vitamin B6: 0.03mg (1.38%), Vitamin A: 67.99IU (1.36%), Vitamin D: 0.2µg (1.33%), Vitamin B3: 0.25mg (1.25%), Vitamin B1: 0.02mg (1.11%)