



Bittersweet Chocolate Mousse

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



342 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 0.3 cup sugar
- 1 inch salt
- 2 tablespoons cocoa powder unsweetened
- 2 ounces bittersweet chocolate
- 0.8 cup cup heavy whipping cream

Equipment

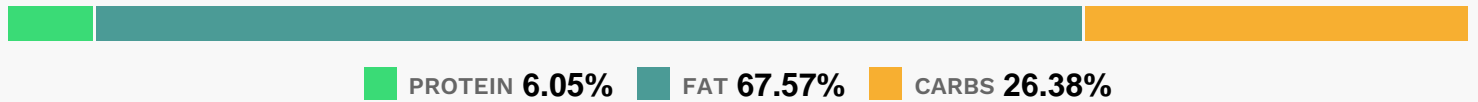
- bowl

- whisk
- double boiler
- spatula

Directions

- Finely chop chocolate; reserve. In a double boiler, whisk yolks, sugar, and salt until sugar has dissolved and mixture is warm to the touch, 2 to 3 minutes. Off heat, quickly whisk in chopped chocolate until melted and cocoa until smooth (mixture will be thick). Cool to room temperature.
- In a medium bowl, whip cream until soft peaks form.
- Whisk half of whipped cream into room-temperature chocolate mixture. Gently fold in remaining whipped cream with a rubber spatula. Divide mousse among four serving dishes. Chill at least 2 hours and up to 1 day.
- Remove mousse from refrigerator 15 minutes before serving.
- Garnish with shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:8.1182608215705%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 342.36kcal (17.12%), Fat: 26.43g (40.66%), Saturated Fat: 15.21g (95.07%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 21.15g (7.69%), Sugar: 19.12g (21.25%), Cholesterol: 234.88mg (78.29%), Sodium: 31.97mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.94mg (5.98%), Protein: 5.33g (10.66%), Vitamin A: 908.21IU (18.16%), Selenium: 12.48µg (17.83%), Phosphorus: 147.39mg (14.74%), Manganese: 0.29mg (14.7%), Copper: 0.29mg (14.53%), Vitamin B2: 0.19mg (11.12%), Vitamin D: 1.63µg (10.88%), Magnesium: 41.4mg (10.35%), Iron: 1.76mg (9.77%), Fiber: 2.06g (8.24%), Vitamin B12: 0.43µg (7.14%), Zinc: 1.05mg (6.97%), Folate: 27.41µg (6.85%), Vitamin B5: 0.67mg (6.71%), Calcium: 63.5mg (6.35%), Vitamin E: 0.94mg (6.24%), Potassium: 179.55mg

(5.13%), Vitamin B6: 0.08mg (4.14%), Vitamin B1: 0.05mg (3.02%), Vitamin K: 2.63µg (2.5%), Vitamin B3: 0.21mg (1.03%)