



## Café Crème Mousse Cake

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 1 large egg plus yolks from
- ☐ 4 large eggs
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 1 pinch ground cinnamon for dusting plus more
- ☐ 2.5 cups heavy cream
- ☐ 3 oz ladyfingers soft
- ☐ 1 cup milk
- ☐ 1 pinch salt

- ☐ 1.3 cups double-strong coffee hot brewed
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract pure
- ☐ 3 tablespoons water cold

## Equipment

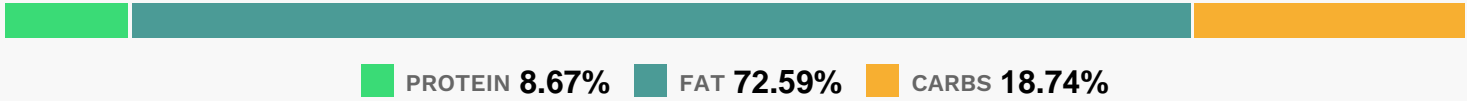
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer

## Directions

- ☐ Mix gelatin and 3 Tbsp. cold water in a cup; set aside. Stir together 3/4 cup coffee and 3 Tbsp. sugar in another cup; set aside.
- ☐ Combine milk, remaining 1 cup sugar, salt and cinnamon in a heavy saucepan. Bring to a simmer over medium heat, whisking occasionally.
- ☐ Whisk together egg and yolks in a heat-proof bowl; whisk in half of hot milk mixture.
- ☐ Pour whole mixture back in saucepan. Cook, whisking, until mixture reaches 170F on an instant-read thermometer.
- ☐ Remove from heat, stir in gelatin, remaining 1/2 cup coffee and vanilla extract.
- ☐ Let cool, whisking occasionally.
- ☐ Transfer cooled mousse to a bowl put in an ice-water bath.
- ☐ Whisk until cold, about 5 minutes. In another bowl, beat 1 1/2 cups cream until stiff. Fold into custard to finish mousse.
- ☐ Line a 9-by-5-inch loaf pan with plastic wrap. Arrange 6 ladyfingers in bottom.
- ☐ Drizzle with 2 Tbsp. sweetened coffee, from Step
- ☐ Layer 2 cups mousse and 12 cookies.
- ☐ Drizzle with 6 Tbsp. coffee.

- ☐
- Add remaining mousse and 12 cookies; drizzle with remaining coffee. Wrap in plastic. Chill for at least 3 hours.
- ☐
- To serve, unmold onto a platter. Whip 1 cup cream and confectioners' sugar until stiff and spread on cake. Dust with cinnamon, and slice.

## Nutrition Facts



## Properties

Glycemic Index:18.85, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:10.605652192365%

## Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:  
0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 519.1kcal (25.95%), Fat: 42.34g (65.14%), Saturated Fat: 25.37g (158.58%), Carbohydrates: 24.6g (8.2%),  
Net Carbohydrates: 24.44g (8.89%), Sugar: 15.95g (17.73%), Cholesterol: 302.86mg (100.95%), Sodium: 122.12mg  
(5.31%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Caffeine: 19.75mg (6.58%), Protein: 11.38g (22.75%), Vitamin  
A: 1823.4IU (36.47%), Vitamin B2: 0.51mg (30.21%), Selenium: 16.1µg (23%), Phosphorus: 202.17mg (20.22%),  
Vitamin D: 2.85µg (19.02%), Calcium: 146.84mg (14.68%), Vitamin B12: 0.84µg (13.94%), Vitamin B5: 1.29mg  
(12.86%), Vitamin E: 1.36mg (9.08%), Folate: 36.03µg (9.01%), Vitamin B1: 0.11mg (7.23%), Vitamin B6: 0.14mg  
(7.21%), Iron: 1.29mg (7.19%), Zinc: 1.08mg (7.17%), Potassium: 246.05mg (7.03%), Magnesium: 19.58mg (4.9%),  
Copper: 0.08mg (4%), Manganese: 0.07mg (3.4%), Vitamin K: 3.47µg (3.31%), Vitamin B3: 0.53mg (2.64%)