



Chocolate Chantilly Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

Ingredients

- ☐ 360 g bittersweet chocolate finely chopped (60–68%)
- ☐ 400 ml whipping cream chilled

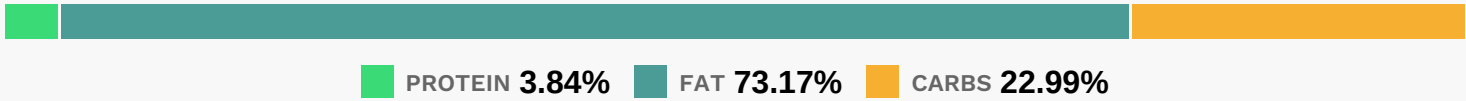
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Place chocolate in a heatproof bowl and melt over a pot of simmering water.
- ☐ Remove from heat and set aside.
- ☐ Place 1 3/4 cups cream in bowl of a stand mixer and whisk with the whisk attachment until soft peaks form. Cover and set aside in refrigerator. Bring remaining 3/4 cup cream to a boil in a heavy saucepan.
- ☐ Remove from heat.
- ☐ Pour about one-third of the cream into the chocolate and whisk quickly to combine.
- ☐ Pour in another third of the cream and whisk to combine.
- ☐ Pour in the remaining cream and whisk to combine. The mixture should be very smooth and shiny. When the chocolate mixture has cooled to 113–122 degrees F, fold in the whipped cream from the refrigerator with a flexible spatula. Divide mousse among dessert glasses and chill for 12 hours. Mousse will keep for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:11.796521712904%

Nutrients (% of daily need)

Calories: 575.42kcal (28.77%), Fat: 47.2g (72.61%), Saturated Fat: 28.64g (179.02%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 28.56g (10.38%), Sugar: 23.98g (26.65%), Cholesterol: 79.38mg (26.46%), Sodium: 24.11mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.6mg (17.2%), Protein: 5.58g (11.15%), Manganese: 0.8mg (39.78%), Copper: 0.76mg (37.81%), Magnesium: 110.29mg (27.57%), Iron: 3.86mg (21.44%), Vitamin A: 1015.85IU (20.32%), Phosphorus: 194.9mg (19.49%), Fiber: 4.8g (19.2%), Zinc: 1.75mg (11.67%), Potassium: 403.91mg (11.54%), Selenium: 7.05µg (10.07%), Vitamin B2: 0.16mg (9.15%), Calcium: 81.46mg (8.15%), Vitamin D: 1.07µg (7.15%), Vitamin E: 0.97mg (6.47%), Vitamin K: 6.47µg (6.16%), Vitamin B12: 0.22µg (3.59%), Vitamin B5: 0.35mg (3.51%), Vitamin B3: 0.55mg (2.73%), Vitamin B6: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.17%)