



## Chocolate, Coffee, Cardamom and Cinnamon Mousse



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



281 kcal

DESSERT

### Ingredients

- ☐ 5 ounce chocolate dark for grating
- ☐ 2 eggs separated
- ☐ 3 ounce espresso grounds fresh at room temperature brewed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoon sugar
- ☐ 4 tablespoon whipped cream

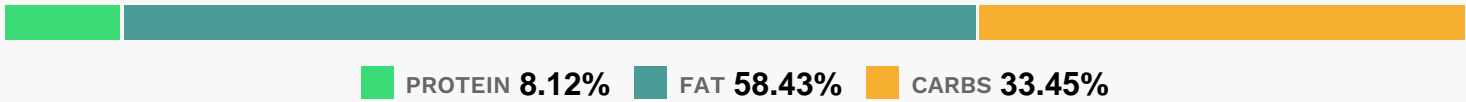
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ramekin
- ☐ wooden spoon

## Directions

- ☐ Place 4 x 120ml ramekins or serving glasses in the fridge; this will help the mousses to set quickly. Break the chocolate into chunks, then put in a large heatproof bowl with the coffee and cardamom seeds. Set over a pan of simmering water for about 3 minutes until the chocolate has melted, stirring occasionally with a wooden spoon and making sure that the bowl is not touching the hot water.
- ☐ Remove from the heat and set aside to cool slightly. Once the chocolate has cooled for a few minutes, beat in the egg yolks one at a time, using a wooden spoon.
- ☐ Place the egg whites in a separate bowl and, using a balloon whisk or an electric beater, whisk to soft peaks. Tip the sugar into the stiff whites and continue to whisk until the mixture is glossy and meringue-like. Stir a spoonful of the whites into the melted chocolate – this helps to loosen the mixture – then carefully and lightly fold in the rest of the meringue. Spoon the mixture into the chilled ramekins or glasses and chill for at least 40 minutes (or up to 2 hours if time allows).
- ☐ Serve on plates with a good dollop of crème fraîche topped with a little grated chocolate, if liked.

## Nutrition Facts



## Properties

Glycemic Index:38.27, Glycemic Load:7.35, Inflammation Score:-4, Nutrition Score:10.296956562316%

## Nutrients (% of daily need)

Calories: 280.57kcal (14.03%), Fat: 18.26g (28.09%), Saturated Fat: 10.01g (62.56%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 19.52g (7.1%), Sugar: 14.94g (16.6%), Cholesterol: 86.32mg (28.77%), Sodium: 41.75mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 73.43mg (24.48%), Protein: 5.71g (11.42%), Manganese:

0.75mg (37.55%), Copper: 0.65mg (32.7%), Iron: 4.66mg (25.86%), Magnesium: 101.09mg (25.27%), Fiber: 4g (15.98%), Phosphorus: 158.36mg (15.84%), Selenium: 9.27µg (13.24%), Vitamin B2: 0.17mg (10%), Zinc: 1.49mg (9.93%), Potassium: 316mg (9.03%), Vitamin B3: 1.5mg (7.52%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.51mg (5.06%), Calcium: 45.72mg (4.57%), Vitamin A: 164.18IU (3.28%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.46µg (3.05%), Vitamin K: 2.84µg (2.7%), Folate: 10.7µg (2.68%), Vitamin B6: 0.05mg (2.68%), Vitamin B1: 0.02mg (1.52%)