



Chocolate-Hazelnut Mousse

 Gluten Free

READY IN



211 min.

SERVINGS



6

CALORIES



289 kcal

DESSERT

Ingredients

- 3 ounces bittersweet chocolate chopped
- 2.5 tablespoons cornstarch
- 2 large eggs
- 2 tablespoons hazelnuts toasted chopped
- 2 cups milk 2% reduced-fat
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.3 cup cocoa powder unsweetened

- 0.5 teaspoon vanilla extract
- 2 cups cool whip fat-free frozen thawed
- 0.3 cup hazelnuts (hazelnut-flavored liqueur)

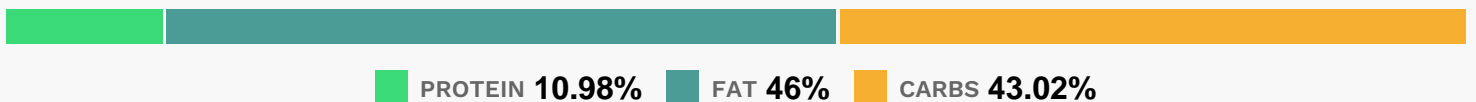
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Combine the sugar, cocoa, cornstarch, salt, and eggs in a medium bowl, stirring well with a whisk.
- Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk.
- Place the milk mixture in pan, and cook over medium heat until very thick and bubbly (about 5 minutes), stirring constantly. Spoon mixture into a medium bowl, and add liqueur, vanilla, and chocolate, stirring until chocolate melts.
- Place bowl in a large ice-filled bowl for 15 minutes or until mixture is cool, stirring occasionally.
- Remove bowl from ice. Gently fold in one-third of whipped topping. Fold in remaining topping. Cover and chill at least 3 hours.
- Sprinkle with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:5.91, Inflammation Score:-4, Nutrition Score:11.844347790531%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 288.74kcal (14.44%), Fat: 15.41g (23.71%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 29.03g (10.56%), Sugar: 22.03g (24.48%), Cholesterol: 73.14mg (24.38%), Sodium: 178.12mg (7.74%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.43mg (6.81%), Protein: 8.27g (16.55%), Manganese: 0.86mg (42.93%), Copper: 0.48mg (24%), Vitamin B2: 0.4mg (23.73%), Phosphorus: 210.15mg (21.01%), Magnesium: 69.21mg (17.3%), Vitamin B12: 0.96µg (16.01%), Calcium: 153.85mg (15.39%), Selenium: 9.88µg (14.11%), Fiber: 3.4g (13.59%), Iron: 2.12mg (11.79%), Vitamin E: 1.56mg (10.39%), Potassium: 352.42mg (10.07%), Zinc: 1.5mg (9.98%), Vitamin B1: 0.14mg (9.02%), Vitamin B6: 0.14mg (7.25%), Folate: 26.58µg (6.64%), Vitamin B5: 0.66mg (6.64%), Vitamin A: 222.74IU (4.45%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.58µg (2.45%), Vitamin D: 0.33µg (2.22%)