



Chocolate Hazelnut Mousse

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

Ingredients

- 1.5 cups whipping cream
- 0.5 cup nutella
- 2 tablespoons water hot boiling (not)
- 2 teaspoons espresso powder instant
- 1 Dash rum / brandy / coffee liqueur
- 6 chocolate-hazelnut pirouette cookies
- 4 servings hazelnuts chopped for topping

Equipment

- bowl

blender

Directions

- Dissolve instant espresso in hot water in a medium sized bowl.
- Add the Nutella and Kahlua, beating until smooth.
- In a mixer, whip the whipping cream until it forms stiff peaks. Gently fold the nutella mixture into the whipped cream until the color is uniform.
- Divide mousse into serving glasses- martini glasses work great!
- Add toasted hazelnuts, chocolate shavings, and pirouette cookies for decoration

Nutrition Facts

 **PROTEIN 5.18%**  **FAT 72.47%**  **CARBS 22.35%**

Properties

Glycemic Index:23.46, Glycemic Load:12.76, Inflammation Score:-8, Nutrition Score:19.588260869565%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Taste

Sweetness: 67.74%, Saltiness: 6.09%, Sourness: 3.25%, Bitterness: 15.85%, Savoriness: 7.35%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 774.54kcal (38.73%), Fat: 64.16g (98.7%), Saturated Fat: 33.28g (208%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 38.98g (14.17%), Sugar: 31.01g (34.45%), Cholesterol: 101.21mg (33.74%), Sodium: 144.45mg (6.28%), Caffeine: 20.13mg (6.71%), Protein: 10.31g (20.63%), Manganese: 2.31mg (115.64%), Vitamin E: 7.31mg (48.74%), Copper: 0.79mg (39.35%), Vitamin A: 1321.26IU (26.43%), Magnesium: 90.4mg (22.6%), Fiber: 5.55g (22.19%), Phosphorus: 221.04mg (22.1%), Iron: 3.89mg (21.59%), Vitamin B1: 0.28mg (18.61%), Vitamin B2: 0.31mg (18.45%), Potassium: 496.91mg (14.2%), Calcium: 140.12mg (14.01%), Folate: 51.18µg (12.8%), Vitamin B6: 0.24mg (12.01%), Zinc: 1.55mg (10.3%), Vitamin D: 1.43µg (9.52%), Selenium: 5.84µg (8.34%), Vitamin K: 8.27µg (7.88%), Vitamin B3: 1.41mg (7.07%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.26µg (4.34%), Vitamin C: 2.43mg (2.94%)