

CHOCOLATE

Chocolate-Hazelnut Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



843 kcal

DESSERT

Ingredients

- ☐ 3 egg yolks
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon hazelnut oil
- ☐ 5 ounces unblanched hazelnuts
- ☐ 1.5 cups heavy cream
- ☐ 5 ounces chocolate cut into small pieces
- ☐ 0.3 cup water
- ☐ 1 small eggbeater with large bowl, rubber spatula

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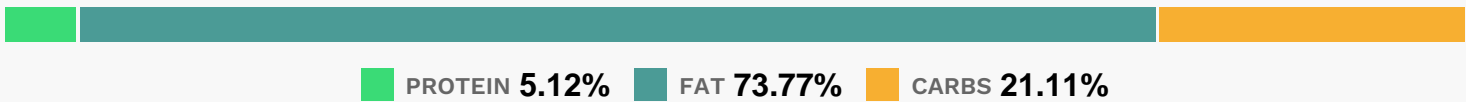
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position the rack in the center of the oven and preheat the oven to 350 degrees. Arrange the hazelnuts on a small baking tray and bake until lightly browned, 10 to 12 minutes, turning the tray back to front after 5 or 6 minutes. Cool. Enclose the nuts in a clean towel and rub until as much of the skins as possible come off.
- ☐ Place the nuts and hazelnut oil in the workbowl of a food processor fitted with a steel blade and process until a paste forms.
- ☐ Meanwhile, in a large bowl, using a whisk or eggbeater, whip the heavy cream. Refrigerate, covered, until needed.
- ☐ In a medium heatproof bowl set over a pan of simmering water, melt the chocolate. Turn off the heat when almost melted and stir occasionally until completely melted.
- ☐ Scrape into the nut paste and process until thoroughly mixed. Set aside.
- ☐ In a clean medium heatproof bowl, lightly whisk the egg yolks.
- ☐ *If hazelnut oil is not available, peanut or safflower oil can be substituted.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:20.29, Inflammation Score:-8, Nutrition Score:21.420869630316%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg

Nutrients (% of daily need)

Calories: 843.35kcal (42.17%), Fat: 72.92g (112.18%), Saturated Fat: 30.76g (192.28%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 41.55g (15.11%), Sugar: 39.1g (43.44%), Cholesterol: 246.65mg (82.22%), Sodium: 37.15mg (1.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.39mg (7.8%), Protein: 11.38g (22.76%), Manganese: 2.37mg (118.61%), Vitamin E: 8.18mg (54.55%), Copper: 0.84mg (41.83%), Vitamin A: 1513.73IU (30.27%), Magnesium: 104.88mg (26.22%), Phosphorus: 259.27mg (25.93%), Vitamin B2: 0.37mg (21.61%), Fiber: 5.39g (21.55%), Vitamin B1: 0.28mg (18.44%), Selenium: 12.18µg (17.4%), Iron: 3.11mg (17.28%), Folate: 64.39µg (16.1%), Vitamin B6: 0.29mg (14.66%), Vitamin D: 2.16µg (14.38%), Zinc: 1.93mg (12.85%), Potassium: 443.57mg (12.67%), Calcium: 125.83mg (12.58%), Vitamin B5: 0.98mg (9.82%), Vitamin K: 10.22µg (9.73%), Vitamin B12: 0.41µg (6.77%), Vitamin B3: 0.94mg (4.68%), Vitamin C: 2.77mg (3.36%)