



Chocolate Mousse

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



668 kcal

DESSERT

Ingredients

- 2 tablespoons rum / brandy / coffee liqueur
- 2 egg yolks
- 1.5 cups heavy cream
- 6 ounces bittersweet chocolate
- 0.3 cup sugar
- 4 servings whipped cream for serving, optional

Equipment

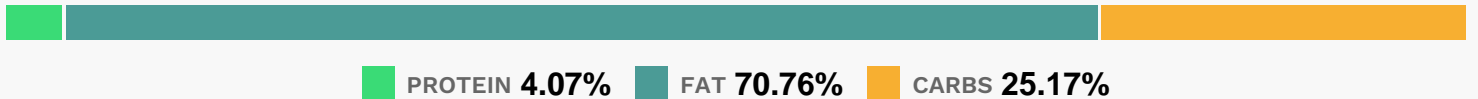
- bowl

- whisk
- mixing bowl
- blender
- double boiler

Directions

- Special Equipment: 4 (6 to 8-ounce) individual serving dishes
- Melt the chocolate over a double boiler setup.
- While the chocolate is melting, in a large mixing bowl, combine the egg yolks and sugar and beat, with a hand-held mixer, until very pale and thick and have doubled in size.
- Whisk in the coffee liqueur. When the chocolate has melted, whisk it into the egg yolk mixture.
- In a medium bowl, whip the heavy cream to medium peaks. Using 1/3 of the whipped cream at a time, fold the cream into the chocolate mixture. Repeat this process until all the cream is incorporated.
- Transfer the mousse to individual serving dishes and chill for at least 1 hour.
- Garnish with fruit, nuts, cookies or whipped cream.
- Chocolaty delicious!

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:9.14, Inflammation Score:-7, Nutrition Score:11.903478295907%

Nutrients (% of daily need)

Calories: 667.92kcal (33.4%), Fat: 52.29g (80.45%), Saturated Fat: 31.59g (197.46%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 38.46g (13.98%), Sugar: 34.73g (38.59%), Cholesterol: 205.16mg (68.39%), Sodium: 33.87mg (1.47%), Alcohol: 1.63g (100%), Alcohol %: 1.24% (100%), Caffeine: 36.57mg (12.19%), Protein: 6.77g (13.54%), Vitamin A: 1504.12IU (30.08%), Manganese: 0.57mg (28.49%), Copper: 0.55mg (27.45%), Magnesium: 82.2mg (20.55%), Phosphorus: 202.77mg (20.28%), Iron: 3.03mg (16.84%), Selenium: 11.45µg (16.36%), Vitamin B2: 0.24mg (14.26%), Fiber: 3.4g (13.61%), Vitamin D: 1.94µg (12.92%), Zinc: 1.57mg (10.48%), Calcium: 103.07mg (10.31%), Potassium: 344.78mg (9.85%), Vitamin E: 1.34mg (8.95%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.64mg (6.43%), Vitamin K: 6.09µg (5.8%), Folate: 16.89µg (4.22%), Vitamin B6: 0.08mg (3.98%), Vitamin B1:

0.05mg (3.3%), Vitamin B3: 0.42mg (2.1%)