

Chocolate Mousse

 **Gluten Free**

READY IN

ready

145 min.

SERVINGS

servings

2

CALORIES

calories

431 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon coffee-flavored liqueur kahlua® such as
- ☐ 1 egg yolk lightly beaten
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.3 cup semi chocolate chips
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons whipped cream
- ☐ 1 tablespoon sugar white

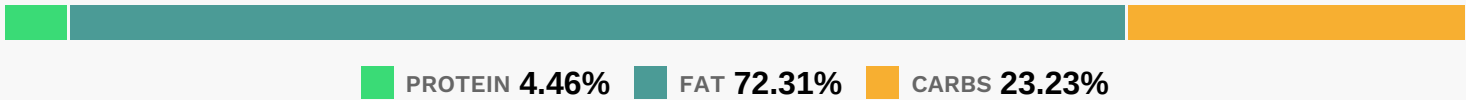
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt chocolate chips with coffee-flavored liqueur in a small, heavy saucepan over low heat; stir until smooth, about 5 minutes. Stir a small amount of hot chocolate mixture into egg yolk; return chocolate and egg mixture to pan, stirring constantly. Cook and stir until slightly thickened, about 2 minutes.
- ☐ Remove from heat; stir in vanilla extract. Cool, stirring several times.
- ☐ Beat heavy cream in a large bowl until it begins to thicken. Stir in sugar; beat until soft peaks form. Fold whipped cream mixture into cooled chocolate mixture. Cover and refrigerate for at least 2 hours, or overnight.
- ☐ Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:62.55, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:7.6539131117904%

Nutrients (% of daily need)

Calories: 430.58kcal (21.53%), Fat: 33.53g (51.58%), Saturated Fat: 20.13g (125.82%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.43g (8.16%), Sugar: 20.28g (22.54%), Cholesterol: 169.21mg (56.4%), Sodium: 23.92mg (1.04%), Alcohol: 2.66g (100%), Alcohol %: 3.01% (100%), Caffeine: 19.35mg (6.45%), Protein: 4.65g (9.3%), Vitamin A: 1046.51IU (20.93%), Manganese: 0.31mg (15.54%), Copper: 0.3mg (14.87%), Phosphorus: 132.29mg (13.23%), Selenium: 8.81µg (12.59%), Magnesium: 45.07mg (11.27%), Vitamin B2: 0.18mg (10.43%), Vitamin D: 1.46µg (9.71%), Iron: 1.74mg (9.64%), Fiber: 1.8g (7.2%), Calcium: 69.76mg (6.98%), Zinc: 0.97mg (6.44%), Vitamin E: 0.94mg (6.27%), Potassium: 205.09mg (5.86%), Vitamin B12: 0.32µg (5.4%), Vitamin B5: 0.5mg (5.03%), Folate: 15.65µg (3.91%), Vitamin K: 3.67µg (3.5%), Vitamin B6: 0.06mg (3.13%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.24mg (1.22%)