

Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



446 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 0.3 cup sugar
- 2.5 cups cup heavy whipping cream
- 8 oz baker's chocolate chopped

Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Beat egg yolks in small bowl with electric mixer on high speed about 3 minutes or until thick and lemon colored. Gradually beat in sugar.
- Heat 1 cup whipping cream in 2–quart saucepan over medium heat until hot. Gradually stir at least half of the hot whipping cream into egg yolk mixture; stir back into hot cream in saucepan. Cook over low heat about 5 minutes, stirring constantly, until mixture thickens (do not boil). Stir in chocolate until melted. Cover and refrigerate about 2 hours, stirring occasionally, just until chilled.
- Beat 1 1/2 cups whipping cream in chilled medium bowl with electric mixer on high speed until stiff. Fold whipped cream into chocolate mixture. Pipe or spoon mixture into serving bowls. Refrigerate until serving.

Nutrition Facts

 **PROTEIN 5.78%**  **FAT 80.32%**  **CARBS 13.9%**

Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-8, Nutrition Score:14.569565174372%

Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

Nutrients (% of daily need)

Calories: 446.34kcal (22.32%), Fat: 43.95g (67.62%), Saturated Fat: 27.09g (169.31%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 12.4g (4.51%), Sugar: 8.71g (9.68%), Cholesterol: 175.84mg (58.61%), Sodium: 31.03mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 7.12g (14.24%), Manganese: 1.19mg (59.35%), Copper: 0.93mg (46.59%), Iron: 5.24mg (29.12%), Magnesium: 98.33mg (24.58%), Vitamin A: 1215.88IU (24.32%), Zinc: 3.1mg (20.7%), Phosphorus: 189.69mg (18.97%), Fiber: 4.71g (18.82%), Selenium: 9.33µg (13.32%), Vitamin B2: 0.21mg (12.6%), Vitamin D: 1.65µg (10.99%), Potassium: 315.35mg (9.01%), Calcium: 88.75mg (8.87%), Vitamin E: 1.02mg (6.78%), Folate: 23.32µg (5.83%), Vitamin K: 5.19µg (4.94%), Vitamin B5: 0.49mg (4.91%), Vitamin B1: 0.07mg (4.77%), Vitamin B12: 0.28µg (4.75%), Vitamin B6: 0.06mg (3.17%), Vitamin B3: 0.43mg (2.17%)