

# Chocolate Mousse

 Gluten Free

READY IN



138 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

## Ingredients

- ☐ 4 egg yolk
- ☐ 6 ounces semi chocolate chips (1 cup)
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream (heavy)
- ☐ 1.5 cups whipping cream (heavy)

## Equipment

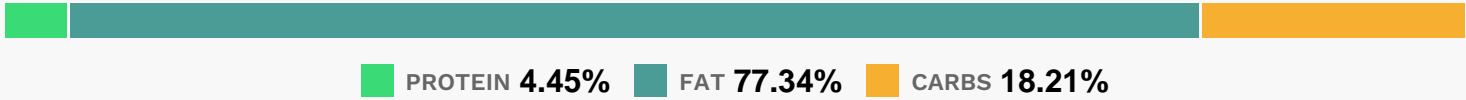
- ☐ bowl
- ☐ sauce pan

☐ 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 chips 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 chocolate mixture into whipped cream. Pipe or spoon mixture into serving bowls. Immediately refrigerate any remaining dessert after serving.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:7.8943478827891%

## Nutrients (% of daily need)

Calories: 429.03kcal (21.45%), Fat: 37.4g (57.54%), Saturated Fat: 22.65g (141.56%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.1g (6.58%), Sugar: 16.26g (18.07%), Cholesterol: 182.52mg (60.84%), Sodium: 26.59mg (1.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 4.84g (9.69%), Vitamin A: 1233.72IU (24.67%), Manganese: 0.29mg (14.38%), Copper: 0.28mg (14.05%), Phosphorus: 133.52mg (13.35%), Selenium: 9.09µg (12.99%), Vitamin B2: 0.2mg (11.7%), Vitamin D: 1.68µg (11.17%), Magnesium: 43.08mg (10.77%), Iron: 1.67mg (9.26%), Calcium: 73.94mg (7.39%), Vitamin E: 1.04mg (6.95%), Fiber: 1.7g (6.8%), Zinc: 0.95mg (6.33%), Potassium: 201.15mg (5.75%), Vitamin B12: 0.33µg (5.55%), Vitamin B5: 0.52mg (5.23%), Folate: 16.11µg (4.03%), Vitamin K: 3.97µg (3.78%), Vitamin B6: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.23mg (1.14%)