

# Chocolate Mousse

 Gluten Free

READY IN



420 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

## Ingredients

- 7 oz bittersweet chocolate unsweetened chopped (not )
- 4 large egg yolk
- 2 cups cup heavy whipping cream chilled
- 8 servings accompaniment: lightly whipped cream sweetened
- 3 tablespoons sugar
- 1 teaspoon vanilla

## Equipment

- bowl

- frying pan
- sauce pan
- whisk
- sieve
- ramekin
- double boiler
- hand mixer
- kitchen thermometer
- microwave

## Directions

- Heat 3/4 cup cream in a 1-quart heavy saucepan until hot.
- Whisk together yolks, sugar, and a pinch of salt in a metal bowl until combined well, then add hot cream in a slow stream, whisking until combined.
- Transfer mixture to saucepan and cook over moderately low heat, stirring constantly, until it registers 160°F on thermometer.
- Pour custard through a fine-mesh sieve into a bowl and stir in vanilla.
- Melt chocolate in a double boiler or a metal bowl set over a pan of simmering water (or in a glass bowl in a microwave at 50 percent power 3 to 5 minutes), stirring frequently.
- Whisk custard into chocolate until smooth, then cool.
- Beat remaining 1 1/4 cups cream in a bowl with an electric mixer until it just holds stiff peaks.
- Whisk one fourth of cream into chocolate custard to lighten, then fold in remaining cream gently but thoroughly.
- Spoon mousse into 8 (6-ounce) stemmed glasses or ramekins and chill, covered, at least 6 hours.
- Let stand at room temperature about 20 minutes before serving.
- Mousse can be chilled up to 1 day. • To vary the flavor, you can replace the 1 teaspoon vanilla with 2 teaspoons instant-espresso powder (dissolve it in the hot cream) or 3 tablespoons Grand Marnier or 2 tablespoons Cognac (either one whisked into strained custard).

## Nutrition Facts

PROTEIN 4.33% FAT 77.84% CARBS 17.83%

## Properties

Glycemic Index:8.76, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:7.9717392221741%

## Nutrients (% of daily need)

Calories: 443.81kcal (22.19%), Fat: 38.8g (59.69%), Saturated Fat: 23.41g (146.32%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 18.01g (6.55%), Sugar: 16.53g (18.36%), Cholesterol: 181.07mg (60.36%), Sodium: 28.42mg (1.24%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 21.33mg (7.11%), Protein: 4.86g (9.72%), Vitamin A: 1227.12IU (24.54%), Manganese: 0.34mg (16.76%), Copper: 0.32mg (16.17%), Phosphorus: 132.19mg (13.22%), Selenium: 8.66µg (12.37%), Magnesium: 48.31mg (12.08%), Iron: 1.86mg (10.35%), Vitamin B2: 0.17mg (10.01%), Vitamin D: 1.41µg (9.41%), Fiber: 1.98g (7.94%), Calcium: 76.21mg (7.62%), Zinc: 1mg (6.64%), Vitamin E: 0.91mg (6.09%), Potassium: 207.27mg (5.92%), Vitamin B12: 0.31µg (5.09%), Vitamin B5: 0.48mg (4.8%), Folate: 14.79µg (3.7%), Vitamin K: 3.75µg (3.57%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.03mg (2.32%), Vitamin B3: 0.25mg (1.25%)