



WHATSheATE



Chocolate Mousse au Grand Marnier



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



543 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 ounce baking chocolate sweet
- ☐ 0.3 cup grand marnier
- ☐ 0.5 cup powdered sugar sifted
- ☐ 4 ounce bittersweet chocolate
- ☐ 2 cups whipping cream

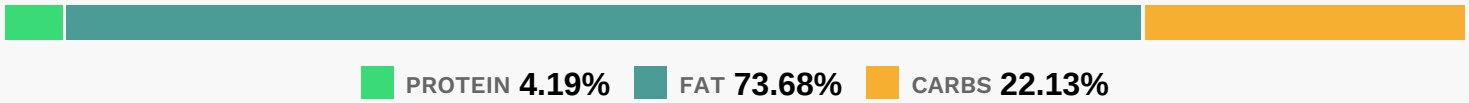
Equipment

- ☐ sauce pan

Directions

- ☐ Combine 8 ounces of chocolate and Grand Marnier in a heavy saucepan; cook, stirring constantly, over low heat until chocolate melts.
- ☐ Remove from heat, and cool to lukewarm.
- ☐ Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Gently fold about 1/2 cup of whipped cream into chocolate; fold in remaining whipped cream. Spoon into individual serving dishes. Chill until ready to serve. Must be kept cold.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:12.801739083684%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 543.04kcal (27.15%), Fat: 45.8g (70.45%), Saturated Fat: 28.54g (178.34%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 26.3g (9.56%), Sugar: 22.37g (24.86%), Cholesterol: 90.78mg (30.26%), Sodium: 28.83mg (1.25%), Alcohol: 2.56g (100%), Alcohol %: 2.37% (100%), Caffeine: 33.93mg (11.31%), Protein: 5.86g (11.72%), Manganese: 1.04mg (52.04%), Copper: 0.86mg (43.01%), Iron: 4.57mg (25.41%), Magnesium: 100.91mg (25.23%), Vitamin A: 1175.65IU (23.51%), Fiber: 4.65g (18.6%), Phosphorus: 171.34mg (17.13%), Zinc: 2.52mg (16.77%), Vitamin B2: 0.18mg (10.61%), Potassium: 342.55mg (9.79%), Vitamin D: 1.27µg (8.46%), Calcium: 83.36mg (8.34%), Selenium: 5.59µg (7.98%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.73µg (5.46%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.16µg (2.68%), Vitamin B3: 0.48mg (2.4%), Folate: 8.47µg (2.12%), Vitamin B6: 0.04mg (1.96%)