



## Chocolate Mousse Cake

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



354 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 2 tablespoons cornstarch argo®
- 6 eggs separated
- 2 tablespoons powdered sugar
- 12 ounces semi-sweet chocolate chips
- 0.3 cup sugar

### Equipment

- bowl

- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- springform pan

## Directions

- COMBINE chocolate and butter in small saucepan. Cook over low heat, stirring frequently, just until chocolate melts.
- Pour into large bowl; cool to room temperature. BEAT egg whites until foamy in medium bowl with mixer at high speed. Gradually add sugar, beating until soft peaks form.
- Add egg yolks to chocolate mixture; stir until blended. Stir in corn starch. FOLD egg whites into chocolate mixture until thoroughly blended.
- Pour into a greased 9-inch springform pan that has been lightly dusted with corn starch. BAKE in preheated 300F oven 40 to 45 minutes or until set. Run knife around edge immediately after removing from oven. COOL on wire rack.
- Remove side of pan.
- Sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:4.65, Inflammation Score:-5, Nutrition Score:8.0969565134172%

## Nutrients (% of daily need)

Calories: 354.32kcal (17.72%), Fat: 24.7g (38%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 25.09g (9.12%), Sugar: 20.8g (23.12%), Cholesterol: 100.25mg (33.42%), Sodium: 148.16mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 5.51g (11.03%), Manganese: 0.46mg (22.97%), Copper: 0.44mg (22.25%), Magnesium: 63.43mg (15.86%), Selenium: 11.06µg (15.8%), Iron:

2.62mg (14.58%), Phosphorus: 143.54mg (14.35%), Vitamin A: 565.56IU (11.31%), Fiber: 2.74g (10.94%), Vitamin B2: 0.14mg (8.42%), Zinc: 1.24mg (8.29%), Potassium: 234.3mg (6.69%), Vitamin E: 0.83mg (5.53%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.31µg (5.13%), Calcium: 39.4mg (3.94%), Vitamin D: 0.53µg (3.52%), Folate: 12.52µg (3.13%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.53µg (2.41%), Vitamin B3: 0.31mg (1.54%), Vitamin B1: 0.02mg (1.51%)