



Chocolate Mousse Cones

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



560 kcal

DESSERT

Ingredients

- 2 eggs
- 8 ice cream cake cones with pointed ends sugar-style
- 8 raspberries fresh
- 12 oz semi chocolate chips (2 cups)
- 2 cups raspberry sorbet
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 2 cups whipping cream

Equipment

- bowl
- sauce pan
- double boiler
- hand mixer

Directions

- To make a holder to hold cones upright, turn an egg carton upside down. Punch holes in 8 of the egg cases to hold the cones. If you dont have an egg carton, use 8 heavy, narrow-rimmed drinking glasses.
- Place chocolate chips and oil in top of double boiler over simmering water or in medium bowl over saucepan of simmering water. Melt chocolate, stirring as chocolate starts to soften.
- Dip and twirl top 2 inches of each cone into melted chocolate; quickly remove and place in holder. Refrigerate or freeze until chocolate is hardened, about 1 hour.
- In small bowl, beat eggs with electric mixer on high speed 3 minutes. Gradually beat in sugar; beat 1 minute longer.
- In 2-quart saucepan, heat 1 cup of the whipping cream over medium heat just until hot. Gradually stir at least half of the hot cream into eggs, then stir back into hot cream in saucepan. Cook over medium-low heat about 10 minutes, stirring constantly, until mixture thickens (do not boil).
- Stir in remaining melted chocolate from dipping cones. Cover; refrigerate about 1 hour, stirring occasionally, just until chilled.
- In chilled medium bowl, beat remaining 1 cup whipping cream on high speed until stiff. Fold chocolate mixture into whipped cream; refrigerate up to 1 hour before serving time.
- Spoon chocolate mixture into cones, place 1 small scoop sorbet on top of each.
- Garnish each with fresh raspberry.

Nutrition Facts



PROTEIN 4.85% **FAT 65.63%** **CARBS 29.52%**

Properties

Glycemic Index:12.01, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:10.687391296677%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 560kcal (28%), Fat: 41.02g (63.11%), Saturated Fat: 23.71g (148.16%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 37.09g (13.49%), Sugar: 28.6g (31.77%), Cholesterol: 110.71mg (36.9%), Sodium: 74.03mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 6.81g (13.63%), Manganese: 0.6mg (30.18%), Copper: 0.56mg (27.77%), Magnesium: 81.81mg (20.45%), Vitamin A: 955.97IU (19.12%), Fiber: 4.44g (17.76%), Iron: 3.1mg (17.22%), Phosphorus: 171.31mg (17.13%), Selenium: 8.95µg (12.78%), Vitamin B2: 0.2mg (11.67%), Zinc: 1.45mg (9.65%), Potassium: 320.38mg (9.15%), Vitamin K: 8.35µg (7.96%), Vitamin D: 1.17µg (7.81%), Vitamin E: 1.1mg (7.34%), Calcium: 73.33mg (7.33%), Vitamin B5: 0.47mg (4.74%), Vitamin B12: 0.27µg (4.49%), Folate: 14.89µg (3.72%), Vitamin B3: 0.59mg (2.96%), Vitamin B6: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.7%), Vitamin C: 0.88mg (1.07%)