



## Chocolate Mousse, French Style

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

DESSERT

### Ingredients

- ☐ 330 g bittersweet chocolate finely chopped (60–68%)
- ☐ 6 large egg whites
- ☐ 3 large egg yolks
- ☐ 50 g sugar
- ☐ 150 ml whipping cream

### Equipment

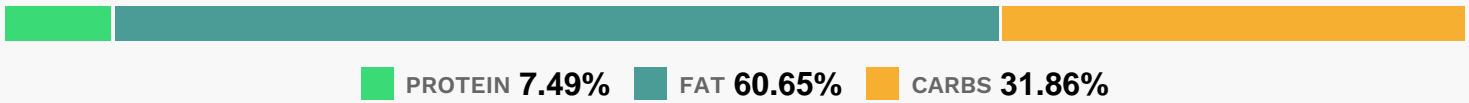
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ stand mixer

## Directions

- ☐ Place chocolate in a heatproof bowl and melt over a pot of simmering water.
- ☐ Remove from heat and set aside.Bring cream to a boil in a heavy saucepan.
- ☐ Remove from heat.
- ☐ Pour about one-third into the chocolate and whisk quickly to combine.
- ☐ Pour in another third of the cream and whisk to combine.
- ☐ Pour in the remaining cream and whisk to combine. The mixture should be very smooth and shiny and feel slightly elastic like thick pudding – this is the sign of a proper emulsion.
- ☐ Add in the egg yolks and beat to combine.
- ☐ Combine egg whites and sugar in a stand mixer and whisk with the whisk attachment until soft peaks form. When the chocolate mixture has cooled to 113–122 degrees F, fold in a quarter of the whipped egg whites to lighten.
- ☐ Add the rest of the egg whites and fold to combine.Divide mousse among dessert glasses and chill for 12 hours.
- ☐ Serve within 24 hours because of the raw egg yolks.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:11.896086845709%

## Nutrients (% of daily need)

Calories: 480.57kcal (24.03%), Fat: 32.48g (49.98%), Saturated Fat: 18.71g (116.96%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 33.99g (12.36%), Sugar: 29.52g (32.8%), Cholesterol: 123.52mg (41.17%), Sodium: 71.23mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.3mg (15.77%), Protein: 9.03g (18.06%), Manganese: 0.74mg (36.88%), Copper: 0.7mg (35.19%), Magnesium: 102.62mg (25.65%), Selenium: 16.78µg (23.98%), Iron: 3.76mg (20.91%), Phosphorus: 195.69mg (19.57%), Fiber: 4.4g (17.6%), Vitamin B2: 0.27mg (15.62%),

Zinc: 1.72mg (11.49%), Potassium: 398.96mg (11.4%), Vitamin A: 519.76IU (10.4%), Calcium: 64.06mg (6.41%), Vitamin D: 0.86µg (5.74%), Vitamin B12: 0.33µg (5.58%), Vitamin B5: 0.55mg (5.46%), Vitamin E: 0.78mg (5.17%), Vitamin K: 4.82µg (4.59%), Folate: 14.74µg (3.68%), Vitamin B6: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.59%), Vitamin B3: 0.51mg (2.57%)