



Chocolate Mousse Icebox Dessert

READY IN



750 min.

SERVINGS



8

CALORIES



510 kcal

DESSERT

Ingredients

- 3 eggs separated
- 24 ladyfingers firm
- 12 oz semi chocolate chips (2 cups)
- 3 tablespoons sugar organic
- 1 teaspoon vanilla
- 2 tablespoons water
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- double boiler
- loaf pan
- hand mixer

Directions

- Fill bottom portion of double boiler or 1-quart saucepan with 1 to 1 1/2 inches water; heat to a simmer.
- Place chocolate chips in top portion of double boiler or in heatproof bowl placed over saucepan. With water simmering, stir chips until melted. Stir in sugar and 2 tablespoons water until well combined (mixture will lose its shine and look dry).
- In medium bowl, beat 3 egg yolks.
- Add hot chocolate mixture; stir until well combined.
- In small bowl, beat 3 egg whites until stiff peaks form. Fold into chocolate mixture until well blended. Set aside.
- In another small bowl, beat whipping cream and vanilla with electric mixer on high speed until soft peaks form. Fold into chocolate mixture until combined.
- To assemble dessert, line bread pan with waxed paper or plastic wrap, allowing paper or wrap to extend over sides of pan. Arrange single layer of ladyfingers in bottom of pan. Top with 1/3 of chocolate mixture. Repeat making 2 more layers, ending with chocolate. Refrigerate at least 12 hours before serving.
- To serve, place serving plate upside down over pan; turn plate and pan over.
- Remove pan.
- Cut into slices.

Nutrition Facts



PROTEIN 7.07% **FAT 55.72%** **CARBS 37.21%**

Properties

Glycemic Index:8.76, Glycemic Load:3.14, Inflammation Score:-6, Nutrition Score:11.905217366374%

Nutrients (% of daily need)

Calories: 510.18kcal (25.51%), Fat: 31.62g (48.64%), Saturated Fat: 17.87g (111.72%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 43.77g (15.92%), Sugar: 21.09g (23.44%), Cholesterol: 170.48mg (56.83%), Sodium: 84.5mg (3.67%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 36.57mg (12.19%), Protein: 9.02g (18.05%), Manganese: 0.65mg (32.44%), Copper: 0.58mg (28.92%), Iron: 4.19mg (23.28%), Phosphorus: 217.61mg (21.76%), Magnesium: 82.96mg (20.74%), Vitamin B2: 0.29mg (17.34%), Fiber: 3.73g (14.93%), Vitamin A: 731.17IU (14.62%), Selenium: 9.56µg (13.65%), Zinc: 1.79mg (11.92%), Potassium: 330.27mg (9.44%), Vitamin B12: 0.52µg (8.64%), Folate: 34.35µg (8.59%), Vitamin B5: 0.82mg (8.25%), Vitamin B1: 0.12mg (8%), Calcium: 70.96mg (7.1%), Vitamin B3: 1.08mg (5.42%), Vitamin D: 0.81µg (5.37%), Vitamin B6: 0.09mg (4.67%), Vitamin E: 0.7mg (4.65%), Vitamin K: 4.06µg (3.87%)