



## Chocolate Mousse II

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



7

CALORIES



185 kcal

DESSERT

### Ingredients

- 4 eggs separated
- 1 cup semi chocolate chips
- 5 tablespoons water boiling

### Equipment

- bowl
- blender
- hand mixer

## Directions

- Grind chocolate chips in a blender, using short pulses.
- Add boiling water and blend to melt the chocolate.
- Add egg yolks, one at a time, blending well after each.
- In a medium bowl, beat egg whites with electric mixer until stiff peaks form. Fold egg whites into chocolate mixture gently.
- Pour the mousse into wine glasses or other serving glasses and chill in refrigerator until set.

## Nutrition Facts

**PROTEIN 10.32%** **FAT 59.95%** **CARBS 29.73%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.1899999950243%

## Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 12.24g (18.83%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.53g (10.59%), Cholesterol: 95.07mg (31.69%), Sodium: 38.81mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.11mg (7.37%), Protein: 4.74g (9.48%), Manganese: 0.35mg (17.39%), Copper: 0.34mg (17.04%), Selenium: 9.88µg (14.11%), Magnesium: 48.38mg (12.1%), Phosphorus: 116.64mg (11.66%), Iron: 2.07mg (11.47%), Fiber: 2.06g (8.23%), Vitamin B2: 0.13mg (7.5%), Zinc: 1.01mg (6.71%), Potassium: 180.5mg (5.16%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.5µg (3.35%), Calcium: 30.34mg (3.03%), Vitamin A: 148.63IU (2.97%), Folate: 11.82µg (2.95%), Vitamin E: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.57%), Vitamin K: 1.93µg (1.84%), Vitamin B1: 0.02mg (1.22%), Vitamin B3: 0.23mg (1.17%)