



Chocolate Mousse Present

READY IN



45 min.

SERVINGS



10

CALORIES



805 kcal

DESSERT

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 1 cup butter
- ☐ 24 ounce semisweet chocolate squares
- ☐ 1 cup strong coffee decoction brewed
- ☐ 0.8 cup sugar
- ☐ 2 cups whipping cream

Equipment

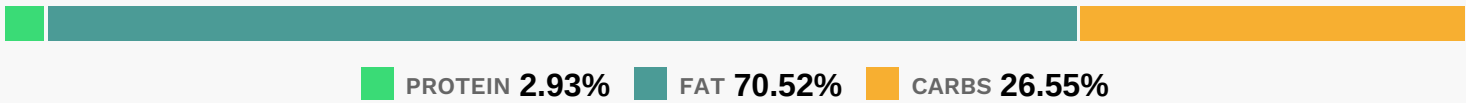
- ☐ sauce pan

☐ plastic wrap

Directions

- ☐ Cook first 5 ingredients in a heavy saucepan over low heat, stirring until smooth. Cool.
- ☐ Fold chocolate mixture into whipped cream. Spoon mousse into a plastic wrap-lined 9- x 5- inch loafpan. Freeze 8 hours.
- ☐ Invert onto a plate; remove plastic wrap. Decorate with ribbon and a rose to resemble a wrapped package. Store in refrigerator; serve with additional whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:10.47, Inflammation Score:-8, Nutrition Score:13.432173833899%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 804.71kcal (40.24%), Fat: 61.58g (94.73%), Saturated Fat: 29.73g (185.81%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 46.72g (16.99%), Sugar: 41.34g (45.93%), Cholesterol: 57.87mg (19.29%), Sodium: 234.46mg (10.19%), Alcohol: 4.01g (100%), Alcohol %: 2.69% (100%), Caffeine: 67.99mg (22.66%), Protein: 5.75g (11.5%), Manganese: 0.91mg (45.51%), Copper: 0.86mg (42.92%), Magnesium: 124.47mg (31.12%), Vitamin A: 1545.72IU (30.91%), Iron: 4.36mg (24.24%), Fiber: 5.44g (21.77%), Phosphorus: 210.92mg (21.09%), Potassium: 452.69mg (12.93%), Zinc: 1.93mg (12.86%), Selenium: 7.23µg (10.33%), Vitamin E: 1.55mg (10.3%), Vitamin B2: 0.15mg (8.97%), Calcium: 81.03mg (8.1%), Vitamin K: 6.45µg (6.14%), Vitamin D: 0.76µg (5.08%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.22µg (3.69%), Vitamin B3: 0.65mg (3.26%), Vitamin B1: 0.04mg (2.51%), Vitamin B6: 0.04mg (2.11%)