



Chocolate Mousse With Orange Liqueur

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



830 kcal

DESSERT

Ingredients

- ☐ 4 ounce semisweet chocolate baking squares chopped
- ☐ 4 ounce chocolate baking bars sweet chopped
- ☐ 0.3 cup orange liqueur
- ☐ 0.5 cup powdered sugar
- ☐ 4 servings orange whipped cream
- ☐ 2 cups whipping cream

Equipment

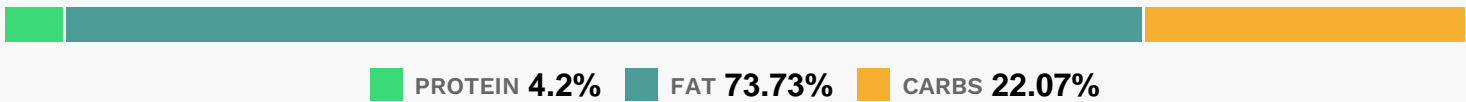
- ☐ double boiler

☐ hand mixer

Directions

- ☐ Place chocolate and orange liqueur in top of a double boiler. Bring water to a boil in bottom of double boiler; remove from heat.
- ☐ Place chocolate over simmering water, and cook, stirring occasionally, until chocolate melts.
- ☐ Let cool to lukewarm.
- ☐ Beat whipping cream at medium speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Fold about one-fourth of whipped cream into melted chocolate, working quickly; fold chocolate mixture into remaining whipped cream.
- ☐ Spoon evenly into individual small serving cups. Chill until ready to serve. Dollop with Orange Whipped Cream.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:19.389130410941%

Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

Nutrients (% of daily need)

Calories: 829.97kcal (41.5%), Fat: 70.03g (107.73%), Saturated Fat: 43.63g (272.7%), Carbohydrates: 47.17g (15.72%), Net Carbohydrates: 40.19g (14.62%), Sugar: 34.04g (37.82%), Cholesterol: 140.73mg (46.91%), Sodium: 43.73mg (1.9%), Alcohol: 3.84g (100%), Alcohol %: 2.3% (100%), Caffeine: 50.9mg (16.97%), Protein: 8.98g (17.96%), Manganese: 1.56mg (78.07%), Copper: 1.29mg (64.55%), Iron: 6.86mg (38.14%), Magnesium: 152.03mg (38.01%), Vitamin A: 1804.57IU (36.09%), Fiber: 6.97g (27.9%), Phosphorus: 262.35mg (26.24%), Zinc: 3.8mg (25.3%), Vitamin B2: 0.27mg (16.15%), Potassium: 522.64mg (14.93%), Calcium: 131.11mg (13.11%), Vitamin D: 1.93µg (12.85%), Selenium: 8.47µg (12.09%), Vitamin E: 1.41mg (9.43%), Vitamin K: 8.71µg (8.3%), Vitamin B1: 0.08mg (5.16%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.26µg (4.31%), Vitamin B3: 0.72mg (3.62%), Folate: 12.88µg (3.22%), Vitamin B6: 0.06mg (3.07%)