



Chocolate Orange Mousse

 Gluten Free

READY IN



1235 min.

SERVINGS



8

CALORIES



790 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate good chopped
- ☐ 8 extra large eggs separated at room temperature
- ☐ 0.5 cup heavy cream cold
- ☐ 2 cups heavy cream cold 1 pint
- ☐ 1 pinch kosher salt
- ☐ 8 servings mandarin orange segments drained for decoration
- ☐ 0.3 cup orange liqueur recommended: Grand Marnier
- ☐ 1 teaspoon orange zest grated

- ☐ 6 ounces bittersweet chocolate good chopped
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 12 tablespoons butter unsalted at room temperature
- ☐ 1 Dash vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water

Equipment

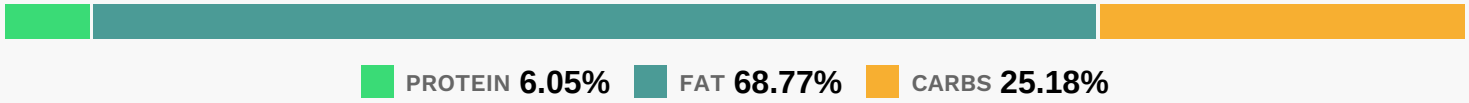
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Combine the 2 chocolates, orange liqueur, 1/4 cup water, and the vanilla in a heat-proof bowl. Set it over a pan of simmering water just until the chocolate melts. Cool completely to room temperature.
- ☐ Whisk in the orange zest and butter until combined.
- ☐ Place the egg yolks and 1/2 cup of the sugar in the bowl of an electric mixer fitted with the paddle attachment. Beat on high speed for 4 minutes, or until very thick and pale yellow. With the mixer on low speed, add the chocolate mixture.
- ☐ Transfer to a large bowl.
- ☐ Place 1 cup of egg whites (save or discard the rest), the salt, and 1 tablespoon of the sugar in the bowl of an electric mixer fitted with the whisk attachment. Beat on high speed until firm but not dry.
- ☐ Whisk 1/4 of the egg whites into the chocolate mixture; then fold the rest in carefully with a rubber spatula.

- ☐
- Without cleaning the bowl or whisk, whip the heavy cream and the remaining tablespoon of sugar until firm. Fold the whipped cream into the chocolate mixture.
- ☐
- Pour the mousse into individual dishes or an 8-cup serving bowl. Chill and decorate with whipped cream and oranges.
- ☐
- Serve with extra whipped cream on the side.
- ☐
- Whip the cream in the bowl of an electric mixer fitted with the whisk attachment. When it starts to thicken, add the sugar and vanilla and continue to whip until the cream forms stiff peaks. Don't overbeat, or you'll end up with butter!

Nutrition Facts



Properties

Glycemic Index:22.77, Glycemic Load:16.09, Inflammation Score:-9, Nutrition Score:17.793913188188%

Flavonoids

Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg Naringenin: 10.92mg, Naringenin: 10.92mg, Naringenin: 10.92mg, Naringenin: 10.92mg

Nutrients (% of daily need)

Calories: 789.55kcal (39.48%), Fat: 60.48g (93.04%), Saturated Fat: 35.94g (224.64%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 45.57g (16.57%), Sugar: 42.26g (46.96%), Cholesterol: 339.21mg (113.07%), Sodium: 112.94mg (4.91%), Alcohol: 2.09g (100%), Alcohol %: 0.83% (100%), Caffeine: 26.3mg (8.77%), Protein: 11.98g (23.95%), Vitamin A: 2678.02IU (53.56%), Vitamin C: 29.89mg (36.23%), Selenium: 22.24µg (31.77%), Vitamin B2: 0.46mg (27.09%), Phosphorus: 255.09mg (25.51%), Copper: 0.46mg (22.86%), Manganese: 0.44mg (21.92%), Magnesium: 75.73mg (18.93%), Vitamin D: 2.63µg (17.5%), Fiber: 4.26g (17.03%), Iron: 3.03mg (16.83%), Calcium: 144.31mg (14.43%), Vitamin E: 2.15mg (14.3%), Potassium: 498.47mg (14.24%), Vitamin B5: 1.39mg (13.93%), Folate: 47.44µg (11.86%), Vitamin B12: 0.7µg (11.74%), Zinc: 1.75mg (11.69%), Vitamin B6: 0.22mg (10.85%), Vitamin B1: 0.11mg (7.42%), Vitamin K: 6.06µg (5.77%), Vitamin B3: 0.76mg (3.8%)