



Classic Chocolate Mousse



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 2 large egg whites
- ☐ 4 large egg yolk
- ☐ 0.8 cup cup heavy whipping cream chilled divided
- ☐ 0.1 teaspoon kosher salt
- ☐ 6 ounces bittersweet chocolate chopped (61–72% cacao)
- ☐ 0.3 cup strong coffee decoction room temperature
- ☐ 3 tablespoons sugar divided

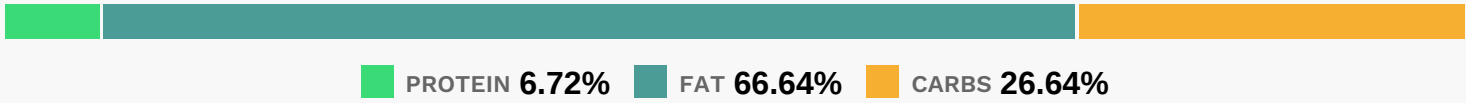
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Beat 1/2 cup cream in a medium bowl until stiff peaks form; cover and chill.
- ☐ Combine egg yolks, espresso, salt, and 2 tablespoons sugar in a large metal bowl. Set over a saucepan of gently simmering water (do not allow bowl to touch water). Cook, whisking constantly, until mixture is lighter in color and almost doubled in volume and an instant-read thermometer inserted into the mixture registers 160°F, about 1 minute.
- ☐ Remove bowl from pan.
- ☐ Add chocolate; whisk until melted and smooth.
- ☐ Let stand, whisking occasionally, until room temperature.
- ☐ Using an electric mixer, beat egg whites in another medium bowl on medium speed until foamy. With mixer running, gradually beat in remaining 1 tablespoon sugar. Increase speed to high and beat until firm peaks form.
- ☐ Fold egg whites into chocolate in 2 additions; fold whipped cream into mixture just to blend.
- ☐ Divide mousse among six teacups or 4-ounce ramekins. Chill until firm, at least 2 hours. DO AHEAD: Mousse can be made 1 day ahead; cover and keep chilled.
- ☐ Let stand at room temperature for 10 minutes before serving.
- ☐ Before serving, whisk remaining 1/4 cup cream in a small bowl until soft peaks form; dollop over mousse.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.19, Inflammation Score:-5, Nutrition Score:7.9521739262602%

Nutrients (% of daily need)

Calories: 330.71kcal (16.54%), Fat: 24.64g (37.91%), Saturated Fat: 14.17g (88.57%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 19.9g (7.24%), Sugar: 17.41g (19.34%), Cholesterol: 157.72mg (52.57%), Sodium: 83.27mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 28.33mg (9.44%), Protein: 5.59g (11.19%), Manganese: 0.39mg (19.3%), Copper: 0.37mg (18.45%), Selenium: 11.86µg (16.94%), Phosphorus: 137.11mg (13.71%), Magnesium: 54.05mg (13.51%), Vitamin A: 614.93IU (12.3%), Iron: 2.14mg (11.91%), Vitamin B2: 0.19mg (10.98%), Fiber: 2.27g (9.07%), Zinc: 1.09mg (7.26%), Vitamin D: 1.09µg (7.25%), Potassium: 224.26mg (6.41%), Vitamin B12: 0.33µg (5.49%), Vitamin B5: 0.55mg (5.46%), Calcium: 52.89mg (5.29%), Vitamin E: 0.73mg (4.9%), Folate: 18.37µg (4.59%), Vitamin B6: 0.06mg (3.02%), Vitamin K: 3.08µg (2.94%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.29mg (1.45%)