



Creamiest Chocolate Mousse

 Gluten Free

READY IN



105 min.

SERVINGS



10

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 7 egg white
- ☐ 7 egg yolks beaten
- ☐ 1.3 cups heavy cream
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar

Equipment

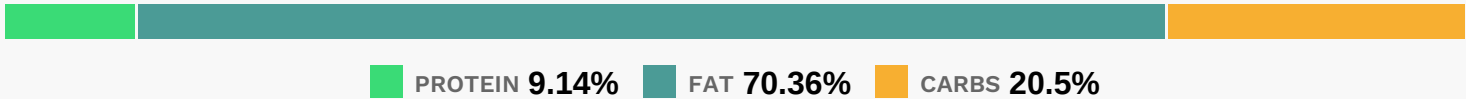
- ☐ bowl

☐ frying pan

Directions

- ☐ Place chocolate in a metal bowl over a pan of simmering water. Stir occasionally until mostly melted, then remove from heat, and stir until smooth. Set aside to cool slightly.
- ☐ In a separate bowl, whip heavy cream to medium stiff peaks, but do not allow it to become grainy. Set aside.
- ☐ In a separate bowl, whip egg whites with salt until soft peaks form.
- ☐ Sprinkle in the sugar, and continue whipping to medium stiff peaks. Fold in egg yolks and kirshwasser.
- ☐ Fold in the melted chocolate until completely incorporated, then fold in whipped cream until evenly blended. Spoon into dessert cups, and chill until firm, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:7.147391255783%

Nutrients (% of daily need)

Calories: 276.78kcal (13.84%), Fat: 21.72g (33.42%), Saturated Fat: 12.42g (77.61%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 12.66g (4.6%), Sugar: 10.77g (11.97%), Cholesterol: 170.89mg (56.96%), Sodium: 54.82mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.07mg (5.69%), Protein: 6.35g (12.7%), Selenium: 13.83µg (19.76%), Manganese: 0.27mg (13.63%), Copper: 0.27mg (13.28%), Vitamin B2: 0.22mg (13.23%), Vitamin A: 628.94IU (12.58%), Phosphorus: 121.14mg (12.11%), Magnesium: 39.95mg (9.99%), Iron: 1.65mg (9.14%), Vitamin D: 1.16µg (7.71%), Fiber: 1.59g (6.35%), Zinc: 0.89mg (5.96%), Vitamin B12: 0.35µg (5.8%), Vitamin B5: 0.55mg (5.52%), Potassium: 188.79mg (5.39%), Folate: 20.43µg (5.11%), Calcium: 49.69mg (4.97%), Vitamin E: 0.72mg (4.77%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 2.47µg (2.35%), Vitamin B1: 0.04mg (2.35%), Vitamin B3: 0.21mg (1.05%)