



Dark Chocolate Mousse

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



417 kcal

DESSERT

Ingredients

- 5.3 ounces bittersweet chocolate coarsely chopped
- 6 servings bittersweet chocolate shaved for garnish, optional
- 3 large egg whites
- 14 ounces heavy cream cold
- 1 ounce sugar
- 6 servings whipped cream sweetened for garnish, optional

Equipment

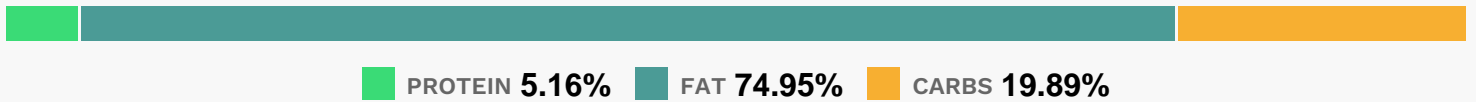
- bowl

- whisk
- blender
- double boiler

Directions

- Watch how to make this recipe.
- Place chocolate in a large bowl set over a bain marie or in a double boiler at a low simmer. Stir chocolate until melted. Turn off the heat and let stand.
- Beat the cream over ice until it forms soft peaks. Set aside and hold at room temperature. With a mixer, whip egg to soft peaks. Gradually add the sugar and continue whipping until firm.
- Remove the chocolate from the bain marie and using a whisk, fold in the egg whites all at once. When the whites are almost completely incorporated, fold in the whipped cream. Cover the mousse and refrigerate for approximately 1 hour or until set.
- Serve in goblets topped with more whipped cream and shaved chocolate, if desired.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:3.71, Inflammation Score:-6, Nutrition Score:7.3139131211716%

Nutrients (% of daily need)

Calories: 416.51kcal (20.83%), Fat: 35.14g (54.07%), Saturated Fat: 21.73g (135.81%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 18.92g (6.88%), Sugar: 16.72g (18.57%), Cholesterol: 80.86mg (26.95%), Sodium: 48.36mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.19mg (7.4%), Protein: 5.45g (10.9%), Vitamin A: 1026.39IU (20.53%), Manganese: 0.34mg (17.23%), Copper: 0.33mg (16.7%), Magnesium: 52.52mg (13.13%), Vitamin B2: 0.21mg (12.6%), Phosphorus: 113.28mg (11.33%), Selenium: 7.56µg (10.81%), Iron: 1.72mg (9.53%), Fiber: 2.06g (8.26%), Vitamin D: 1.08µg (7.22%), Potassium: 244.97mg (7%), Calcium: 66.92mg (6.69%), Zinc: 0.87mg (5.8%), Vitamin E: 0.8mg (5.33%), Vitamin K: 4.09µg (3.89%), Vitamin B12: 0.18µg (3.08%), Vitamin B5: 0.3mg (2.96%), Vitamin B6: 0.04mg (1.76%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.28mg (1.4%)