



Dark Chocolate Mousse



Vegetarian



Gluten Free

READY IN



265 min.

SERVINGS



4

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3.5 ounces chocolate dark chopped
- ☐ 2 large egg yolks
- ☐ 0.1 teaspoon ground chipotle pepper dried
- ☐ 1 tablespoon heavy whipping cream chilled
- ☐ 1 tiny pinch salt
- ☐ 2 tablespoons water
- ☐ 1 tablespoon sugar white

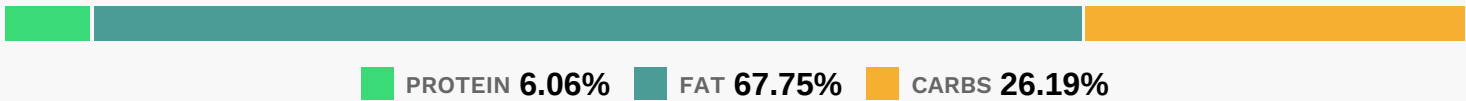
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Bring a saucepan of water to a simmer over low heat.
- ☐ Place chocolate, butter, 2 tablespoons water, ground chipotle pepper, and salt in a heatproof bowl; set bowl over the simmering water. When the butter melts, whisk the chocolate mixture gently until smooth and shiny. Set aside to cool for a few minutes.
- ☐ Whisk egg yolks, 2 tablespoons water, and sugar in another heatproof bowl over the same pan of simmering water until egg yolk mixture is foamy and hot to the touch, about 3 minutes.
- ☐ Pour hot egg mixture into warm chocolate mixture, whisk until smooth, and set over a bowl of ice to chill.
- ☐ Whisk constantly until mixture has cooled to room temperature or slightly cooler.
- ☐ Pour 1/2 cup and 1 tablespoon cold cream into a chilled metal bowl; whisk until cream holds soft peaks.
- ☐ Place about half the whipped cream into the cooled chocolate mixture; gently fold the cream into the chocolate. Repeat with remaining half of whipped cream, folding gently until nearly all the streaks have disappeared. Divide mousse into 4 6-ounce ramekins.
- ☐ Cover each ramekin with plastic wrap and refrigerate at least 4 hours (up to overnight) before serving.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:4.09, Inflammation Score:-3, Nutrition Score:7.0265216943201%

Nutrients (% of daily need)

Calories: 225.28kcal (11.26%), Fat: 17.04g (26.21%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.09g (4.4%), Sugar: 9.11g (10.12%), Cholesterol: 104.31mg (34.77%), Sodium: 33.99mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.84mg (6.61%), Protein: 3.43g (6.86%), Manganese: 0.49mg (24.46%), Copper: 0.45mg (22.35%), Iron: 3.2mg (17.78%), Magnesium: 57.48mg (14.37%), Phosphorus: 112.75mg (11.28%), Fiber: 2.73g (10.9%), Selenium: 6.63µg (9.46%), Zinc: 1.03mg (6.88%), Vitamin A: 293.37IU (5.87%), Potassium: 192.31mg (5.49%), Vitamin B2: 0.07mg (4.33%), Vitamin B12: 0.25µg (4.12%), Vitamin B5: 0.37mg (3.72%), Vitamin D: 0.52µg (3.46%), Vitamin E: 0.51mg (3.37%), Calcium: 32.85mg (3.28%), Folate: 12.68µg (3.17%), Vitamin K: 2.3µg (2.19%), Vitamin B6: 0.04mg (2.1%), Vitamin B1: 0.02mg (1.63%), Vitamin B3: 0.27mg (1.37%)