



## Dark Chocolate Mousse Filling

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

DESSERT

### Ingredients

- 4 ounces bittersweet chocolate cooled melted
- 2 tablespoons rum / brandy / coffee liqueur
- 2 large egg yolks
- 0.5 teaspoon gelatin powder unflavored
- 0.5 cup heavy cream chilled
- 1 pinch salt
- 2 tablespoons sugar
- 0.5 tablespoon water

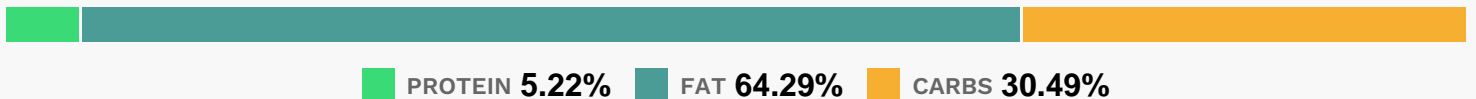
## Equipment

- bowl
- plastic wrap
- hand mixer
- microwave
- spatula

## Directions

- In a small bowl, sprinkle the gelatin over the water and let stand until softened.
- Meanwhile, in a medium bowl, using a handheld electric mixer, beat the cream until softly whipped. Refrigerate until chilled, about 10 minutes.
- In a small, microwave-safe bowl, heat the coffee liqueur at high power until hot, about 45 seconds. Stir in the softened gelatin until dissolved.
- In another medium bowl, beat the egg yolks with the sugar and salt at high speed until pale and thickened, about 5 minutes. While beating the yolks, beat in the coffee-gelatin liquid; scrape the side and bottom of the bowl. Beat in the melted chocolate. Using a rubber spatula, fold in the whipped cream in 2 additions. Scrape the mousse into a bowl, cover with plastic wrap and refrigerate until firm, at least 4 hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:0.94521738839862%

## Nutrients (% of daily need)

Calories: 45.76kcal (2.29%), Fat: 3.19g (4.9%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.78g (3.08%), Cholesterol: 16.95mg (5.65%), Sodium: 3.52mg (0.15%), Alcohol: 0.22g (100%), Alcohol %: 2.5% (100%), Caffeine: 3.25mg (1.08%), Protein: 0.58g (1.16%), Manganese: 0.05mg (2.54%), Copper: 0.05mg (2.5%), Magnesium: 7mg (1.75%), Phosphorus: 16.57mg (1.66%), Selenium: 1.1µg (1.57%), Vitamin A: 76.54IU (1.53%), Iron: 0.27mg (1.53%), Fiber: 0.3g (1.21%)