



Dark Chocolate Mousse With Raspberry Sauce

 Gluten Free

READY IN



21 min.

SERVINGS



8

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 7 ounce bars premium chocolate dark coarsely chopped
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup milk fat-free
- ☐ 8 servings garnishes: raspberries dark fresh
- ☐ 0.3 cup sugar
- ☐ 1.5 cups nondairy whipped topping fat-free

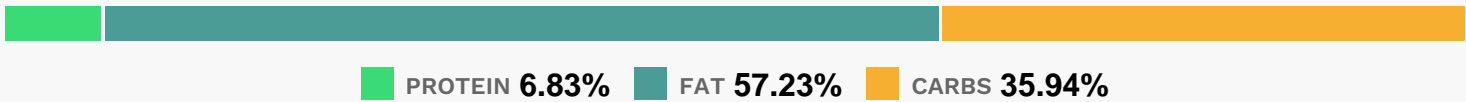
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook first 3 ingredients in a heavy saucepan over low heat, stirring constantly, until chocolate melts.
- ☐ Whisk together egg substitute and milk. Gradually whisk about 1/2 cup chocolate mixture into egg mixture; add to remaining chocolate mixture, stirring constantly. Cook over low heat, stirring constantly, 5 to 8 minutes or until thickened.
- ☐ Remove from heat; transfer to a small, nonmetallic bowl, and let stand 45 minutes.
- ☐ Fold whipped topping gently into cooled chocolate mixture until blended. Spoon evenly into 8 stemmed glasses; cover and chill 2 hours. Top each serving with 2 tablespoons Raspberry Sauce, if desired, and garnish, if desired.
- ☐ Note: For testing purposes only, we used Lindt Excellence 70% Cocoa Dark Chocolate.

Nutrition Facts



Properties

Glycemic Index:22.04, Glycemic Load:6.49, Inflammation Score:-3, Nutrition Score:7.2300000747909%

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 15.66g (24.1%), Saturated Fat: 9.69g (60.54%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 19.35g (7.04%), Sugar: 16.56g (18.4%), Cholesterol: 8.84mg (2.95%), Sodium: 70.74mg (3.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.7mg (6.9%), Protein: 4.21g (8.42%), Manganese: 0.5mg (24.89%), Copper: 0.46mg (22.79%), Iron: 3.33mg (18.5%), Magnesium: 62.54mg (15.64%), Selenium: 8.53µg (12.18%), Fiber: 2.78g (11.14%), Phosphorus: 109.24mg (10.92%), Zinc: 1.05mg (6.98%), Potassium: 242.94mg (6.94%), Vitamin B2: 0.1mg (6.05%), Calcium: 50.67mg (5.07%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.54mg (3.62%), Vitamin B12: 0.2µg (3.35%), Vitamin A: 157.41IU (3.15%), Vitamin K: 2.61µg (2.48%), Vitamin B1: 0.03mg (2.27%), Vitamin D: 0.32µg (2.16%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.32mg (1.58%)