



Dark Chocolate Mousse with Sugared Kumquats

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 3 large egg whites
- ☐ 0.5 kumquats fresh sliced
- ☐ 0.5 cup sugar divided
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream chilled

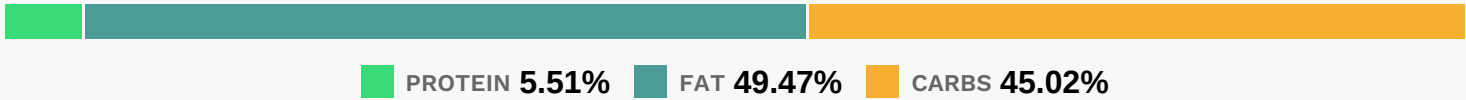
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Melt 6 ounces bittersweet chocolate with 1/4 cup water in heavy small saucepan over low heat, whisking until smooth. Cool to just barely lukewarm, about 10 minutes.
- ☐ Using electric mixer, beat egg whites in medium bowl to form soft peaks. Gradually beat in 1/4 cup sugar until stiff but not dry.
- ☐ Pour cooled melted chocolate over egg whites and gently fold together. Divide mousse among 4 parfait glasses or bowls. Cover; chill at least 6 hours or overnight.
- ☐ Mix kumquats and remaining 1/4 cup sugar in small saucepan; let stand 10 minutes. Stir slowly over low heat until sugar dissolves. Cover; chill at least 2 hours or overnight.
- ☐ Beat chilled whipping cream in small bowl to form soft peaks. Spoon whipped cream atop mousse. Top with sugared kumquats and syrup.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:8.1817391048307%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg

Nutrients (% of daily need)

Calories: 424.46kcal (21.22%), Fat: 23.59g (36.3%), Saturated Fat: 13.93g (87.08%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 44.76g (16.28%), Sugar: 41.54g (46.15%), Cholesterol: 24.96mg (8.32%), Sodium: 51.92mg (2.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 5.91g (11.82%), Manganese: 0.57mg (28.53%), Copper: 0.54mg (27.25%), Magnesium: 79.58mg (19.89%), Iron: 2.76mg (15.33%), Fiber: 3.56g (14.23%), Selenium: 9.27µg (13.24%), Phosphorus: 126.23mg (12.62%), Vitamin B2: 0.17mg (10.22%), Potassium: 305.21mg (8.72%), Zinc: 1.19mg (7.93%), Vitamin A: 319.7IU (6.39%), Calcium: 43.35mg (4.34%), Vitamin K: 3.7µg

(3.52%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.32µg (2.12%), Vitamin B3: 0.41mg (2.03%), Vitamin C: 1.16mg (1.41%), Vitamin B1: 0.02mg (1.3%), Vitamin B6: 0.02mg (1.17%)