



Death by Chocolate Mousse

READY IN



420 min.

SERVINGS



8

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 21 chocolate sandwich cookies crushed
- ☐ 1 cup heavy cream chilled
- ☐ 1 pinch salt
- ☐ 12 ounce semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

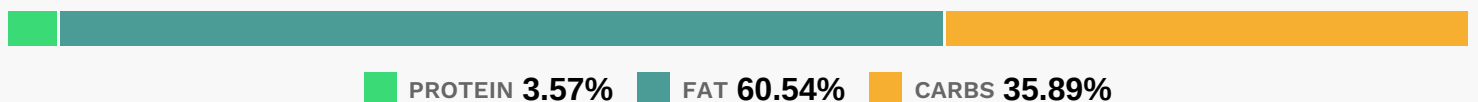
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ double boiler
- ☐ stove
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9 inch springform pan with 2 3/4 inch sides.
- ☐ In a medium bowl, mix together crushed cookies and softened butter or margarine. Press mixture evenly into greased pan.
- ☐ Bake in preheated oven for 5 minutes, then allow to cool.
- ☐ Combine 1 cup cream, chocolate, vanilla extract, and salt, in the top of a double boiler.
- ☐ Heat until chocolate is fully melted and mixture is smooth. Alternatively, if you have a food processor, you can blend mixture by placing chocolate, vanilla extract, and salt, in processor bowl. Bring 1 cup cream to a boil on stovetop, then slowly pour cream into processor with blade running. Continue to process until mixture is smooth.
- ☐ Pour chocolate mixture into a bowl and cool to room temperature, stirring occasionally.
- ☐ In a large bowl, beat 2 cups chilled cream with 1/4 cup sugar. Beat until stiff peaks form. Fold whipped cream into chocolate mixture.
- ☐ Pour mixture into cooled crust.
- ☐ Chill pie at least 6 hours before serving. Prior to serving, beat remaining 1 cup cream with 1/4 cup sugar. Beat until stiff, then pipe onto top of pie with a star tip, or place a spoonful on top of each slice.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:4.37, Inflammation Score:-6, Nutrition Score:11.665217289458%

Nutrients (% of daily need)

Calories: 569.89kcal (28.49%), Fat: 38.82g (59.72%), Saturated Fat: 21.64g (135.23%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 47.48g (17.26%), Sugar: 35.6g (39.56%), Cholesterol: 51.42mg (17.14%), Sodium: 185.07mg (8.05%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 38.15mg (12.72%), Protein: 5.15g (10.3%), Manganese: 0.78mg (38.94%), Iron: 6.53mg (36.3%), Copper: 0.64mg (32%), Magnesium: 91.93mg (22.98%), Fiber: 4.32g (17.26%), Phosphorus: 158.85mg (15.88%), Vitamin A: 636.49IU (12.73%), Vitamin K: 13.14µg (12.52%), Potassium: 345.65mg (9.88%), Vitamin E: 1.47mg (9.78%), Zinc: 1.44mg (9.59%), Vitamin B2: 0.16mg (9.17%), Selenium: 6.21µg (8.87%), Vitamin B3: 1.2mg (6%), Vitamin B1: 0.08mg (5.47%), Calcium: 54.44mg (5.44%), Folate: 20.62µg (5.15%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.14µg (2.27%), Vitamin B6: 0.03mg (1.62%)