



WHATSheATe

Decadent Chocolate Mousse



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 18 ounces bittersweet chocolate chopped
- ☐ 6 large eggs separated
- ☐ 1.5 cups heavy cream
- ☐ 0.3 cup orange liqueur such as grand marnier
- ☐ 0.5 cup strong coffee decoction
- ☐ 0.3 cup sugar

Equipment

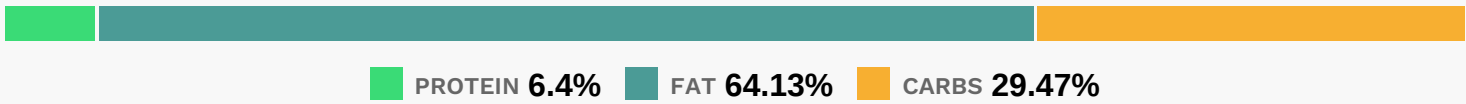
- ☐ bowl

- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Put chocolate, coffee, and sugar in a large metal mixing bowl. Set bowl over a large pot filled with 1 in. simmering water. Melt chocolate, stirring often, until smooth.
- ☐ Remove from heat and set aside.
- ☐ Whisk egg whites in a medium bowl with a mixer until they hold stiff peaks.
- ☐ Whisk cream in another bowl until soft ribbons form.
- ☐ Stir yolks into warm chocolate mixture.
- ☐ Mix in liqueur. Using a rubber spatula, gently fold in whites until almost blended, then gently fold in whipped cream until no streaks remain.
- ☐ Pour chocolate mixture into a large (8-cup) glass serving bowl. Cover bowl tightly with plastic wrap and chill until ready to serve.
- ☐ Serve with sweetened whipped cream.
- ☐ Make ahead: Up to 3 days, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:12.010869544485%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 503.7kcal (25.18%), Fat: 35.33g (54.36%), Saturated Fat: 20.4g (127.49%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 32.44g (11.8%), Sugar: 28.44g (31.6%), Cholesterol: 155mg (51.67%), Sodium: 58.12mg (2.53%), Alcohol: 1.53g (100%), Alcohol %: 1.38% (100%), Caffeine: 50.16mg (16.72%), Protein: 7.94g (15.87%), Manganese: 0.69mg (34.44%), Copper: 0.67mg (33.27%), Magnesium: 96.44mg (24.11%), Phosphorus: 213.49mg (21.35%), Iron: 3.79mg (21.08%), Selenium: 14.63µg (20.89%), Fiber: 4.08g (16.33%), Vitamin A: 712.3IU (14.25%), Vitamin B2: 0.24mg (14.13%), Zinc: 1.83mg (12.2%), Potassium: 372.36mg (10.64%), Vitamin D: 1.17µg (7.81%), Vitamin B5: 0.73mg (7.34%), Calcium: 72.36mg (7.24%), Vitamin B12: 0.42µg (6.93%), Vitamin E: 0.95mg (6.3%), Vitamin K: 4.92µg (4.68%), Vitamin B6: 0.08mg (4.05%), Folate: 15.77µg (3.94%), Vitamin B3: 0.5mg (2.52%), Vitamin B1: 0.04mg (2.49%)