



Easy Chocolate Mousse

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 2 large egg yolks
- ☐ 1.5 cups heavy cream
- ☐ 13 ounces bittersweet chocolate
- ☐ 2 tablespoons caster sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

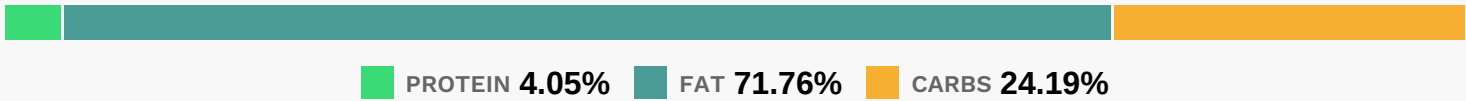
- ☐ bowl

- ☐ whisk
- ☐ blender
- ☐ microwave

Directions

- ☐ In a microwave safe bowl, combine the chopped chocolate and the butter.
- ☐ Heat in the microwave until melted, about 35 seconds depending on your microwave, and stir to melt completely.
- ☐ Whisk in the egg yolks and set aside to cool.
- ☐ Pour the cream into a chilled bowl of a mixer and beat on medium speed until it starts to thicken.
- ☐ Add the sugar and vanilla and whisk until the cream starts to form stiff peaks. Carefully fold the whipped cream into the cooled chocolate mixture.
- ☐ Serve immediately or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:7.7626086836276%

Nutrients (% of daily need)

Calories: 376.18kcal (18.81%), Fat: 30.19g (46.44%), Saturated Fat: 18.09g (113.08%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 19.95g (7.25%), Sugar: 17.04g (18.93%), Cholesterol: 85.29mg (28.43%), Sodium: 15.32mg (0.67%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Caffeine: 31.69mg (10.56%), Protein: 3.83g (7.67%), Manganese: 0.49mg (24.58%), Copper: 0.47mg (23.37%), Magnesium: 67.64mg (16.91%), Iron: 2.46mg (13.67%), Vitamin A: 662.22IU (13.24%), Phosphorus: 130.48mg (13.05%), Fiber: 2.95g (11.79%), Selenium: 6.11µg (8.73%), Zinc: 1.14mg (7.62%), Potassium: 247.9mg (7.08%), Vitamin B2: 0.1mg (6.17%), Vitamin D: 0.8µg (5.31%), Calcium: 51.54mg (5.15%), Vitamin E: 0.7mg (4.66%), Vitamin K: 4.02µg (3.82%), Vitamin B12: 0.19µg (3.24%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.04mg (1.86%), Vitamin B3: 0.34mg (1.68%), Vitamin B1: 0.03mg (1.67%), Folate: 6.48µg (1.62%)