



Everyone Loves It Chocolate Mousse

 **Gluten Free**

READY IN



180 min.

SERVINGS



18

CALORIES



840 kcal

DESSERT

Ingredients

- 0.8 cup hot-brewed coffee
- 16 egg whites
- 8 egg yolks
- 8 cups heavy whipping cream
- 11.5 ounce milk chocolate chips
- 1 pinch salt
- 36 ounce semi chocolate chips
- 0.5 cup sugar white

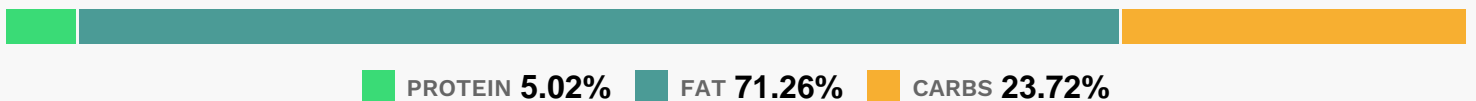
Equipment

- bowl
- sauce pan
- mixing bowl
- hand mixer

Directions

- Melt semisweet chocolate chips and milk chocolate chips in heavy saucepan over very low heat while stirring. Stir coffee into the melted chocolate, remove from heat, and cool to room temperature.
- Beat egg yolks, one at a time, into the chocolate mixture.
- Beat heavy cream with an electric hand mixer in a large mixing bowl until thickened. Gradually beat sugar into the cream until the mixture is stiff.
- Beat egg whites with the salt in a separate glass or metal bowl until stiff peaks form; fold into the cream mixture. Take about 1/3 of the resulting mixture and stir into the chocolate mixture. Scrape remaining cream-and-egg mixture over lightened chocolate base and fold together gently; pour into a serving bowl or individual dessert cups.
- Chill in refrigerator until set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:15.35521742572%

Nutrients (% of daily need)

Calories: 839.61kcal (41.98%), Fat: 67.27g (103.49%), Saturated Fat: 40.82g (255.12%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 45.85g (16.67%), Sugar: 40.03g (44.48%), Cholesterol: 209.33mg (69.78%), Sodium: 84.74mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 52.71mg (17.57%), Protein: 10.66g (21.33%), Manganese: 0.76mg (38.11%), Copper: 0.73mg (36.61%), Vitamin A: 1698.64IU (33.97%), Magnesium: 110.82mg (27.71%), Selenium: 17.78µg (25.4%), Phosphorus: 244.26mg (24.43%), Vitamin B2: 0.39mg (23.21%), Iron: 3.93mg (21.85%), Fiber: 4.54g (18.14%), Potassium: 530.86mg (15.17%), Vitamin D: 2.12µg (14.16%), Calcium: 130.35mg

(13.03%), Zinc: 1.95mg (13.01%), Vitamin E: 1.52mg (10.1%), Vitamin B5: 0.75mg (7.55%), Vitamin B12: 0.45µg (7.52%),
Vitamin K: 7.53µg (7.17%), Folate: 17.18µg (4.29%), Vitamin B6: 0.09mg (4.29%), Vitamin B1: 0.06mg (3.72%),
Vitamin B3: 0.59mg (2.96%)