



Chocolate Mousse Loaf with Raspberry Purée

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



364 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.5 cup plus light
- 1 sprigs mint leaves fresh
- 0.3 cup powdered sugar sifted
- 10 ounce raspberries frozen thawed
- 16 ounce bittersweet chocolate
- 1 teaspoon vanilla extract
- 2 cups whipping cream divided

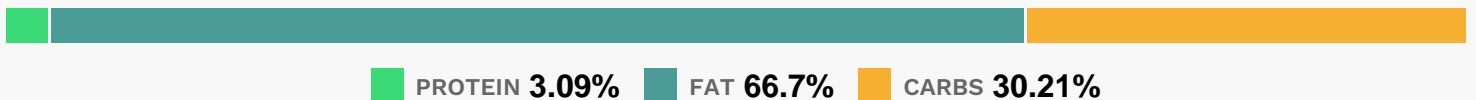
Equipment

- food processor
- frying pan
- sauce pan
- sieve
- blender
- plastic wrap
- hand mixer

Directions

- Line a 9- x 5-inch loafpan with plastic wrap, extending edges of wrap over sides of pan; set aside.
- Combine 1/2 cup whipping cream, chocolate squares, corn syrup, and butter in a heavy saucepan; cook, stirring constantly, over low heat until chocolate melts. Cool.
- Beat remaining 1 1/2 cups whipping cream, powdered sugar, and vanilla at high speed with an electric mixer until stiff peaks form; fold into chocolate mixture.
- Pour into prepared pan, and chill at least 8 hours.
- Process raspberries in a blender or food processor until smooth, stopping once to scrape down sides.
- Pour pure through a fine wire-mesh strainer, if desired, pressing with the back of a spoon; discard seeds. Chill.
- Invert mousse loaf onto a serving platter, and remove plastic wrap. Slice loaf, and serve with raspberry puree.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:7.0395651692929%

Flavonoids

Cyanidin: 8.11mg, Cyanidin: 8.11mg, Cyanidin: 8.11mg, Cyanidin: 8.11mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 363.73kcal (18.19%), Fat: 27.45g (42.23%), Saturated Fat: 14.28g (89.23%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 24.55g (8.93%), Sugar: 22.11g (24.56%), Cholesterol: 35.32mg (11.77%), Sodium: 84.63mg (3.68%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.38mg (8.13%), Protein: 2.86g (5.72%), Manganese: 0.5mg (24.8%), Copper: 0.37mg (18.68%), Vitamin A: 713.75IU (14.27%), Magnesium: 56.28mg (14.07%), Fiber: 3.42g (13.7%), Iron: 1.95mg (10.82%), Phosphorus: 97.79mg (9.78%), Zinc: 0.95mg (6.3%), Potassium: 219.61mg (6.27%), Vitamin C: 4.85mg (5.88%), Vitamin E: 0.81mg (5.43%), Selenium: 3.4µg (4.85%), Vitamin B2: 0.08mg (4.7%), Calcium: 45.35mg (4.54%), Vitamin K: 4.38µg (4.17%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.23mg (2.25%), Vitamin B1: 0.03mg (1.85%), Vitamin B3: 0.37mg (1.83%), Vitamin B12: 0.11µg (1.76%), Vitamin B6: 0.03mg (1.53%), Folate: 5.05µg (1.26%)