



## Frozen White Chocolate and Hazelnut Mousse

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

### Ingredients

- 2 ounces baker's chocolate white finely chopped
- 1 teaspoon butter
- 0.5 teaspoon cream of tartar
- 6 large egg whites
- 2 large egg yolk lightly beaten
- 3 tablespoons hazelnuts toasted chopped
- 1 Dash salt
- 0.8 cup sugar

- 0.7 cup water
- 3 tablespoons water
- 1.5 cups cool whip fat-free frozen thawed
- 0.3 cup hazelnuts (hazelnut-flavored liqueur)

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- candy thermometer

## Directions

- Place egg yolks in a medium bowl.
- Combine 3 tablespoons water, butter, and chocolate in a large, heavy saucepan over medium heat, stirring constantly until chocolate melts. Gradually add chocolate mixture to egg yolks, stirring constantly with a whisk. Return chocolate mixture to pan; cook over medium heat until thick (about 3 minutes), stirring constantly.
- Remove from heat; stir in liqueur. Cool slightly.
- Place cream of tartar, salt, and egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Combine sugar and 2/3 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- Gradually pour hot sugar syrup in a thin stream into egg white mixture, beating at high speed until stiff peaks form (5 to 7 minutes).
- Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Fold in whipped topping and hazelnuts. Spoon mixture into a chilled freezer-safe container; freeze 8 hours or overnight.

## Nutrition Facts



■ PROTEIN 10.44% ■ FAT 43.06% ■ CARBS 46.5%

## Properties

Glycemic Index:18.76, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:7.5608696341515%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg, Epicatechin: 10.07mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 207.27kcal (10.36%), Fat: 10.71g (16.47%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.05g (8.74%), Sugar: 21.55g (23.95%), Cholesterol: 49.49mg (16.5%), Sodium: 65.37mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 5.84g (11.68%), Manganese: 0.76mg (38.23%), Copper: 0.38mg (18.78%), Vitamin B2: 0.24mg (13.97%), Selenium: 8.63µg (12.32%), Magnesium: 39.73mg (9.93%), Iron: 1.74mg (9.68%), Vitamin E: 1.29mg (8.6%), Phosphorus: 80.11mg (8.01%), Fiber: 1.96g (7.84%), Zinc: 1.02mg (6.81%), Vitamin B1: 0.09mg (5.86%), Potassium: 201.45mg (5.76%), Vitamin B12: 0.31µg (5.24%), Folate: 20.06µg (5.02%), Calcium: 39.23mg (3.92%), Vitamin B6: 0.08mg (3.88%), Vitamin B5: 0.26mg (2.56%), Vitamin A: 103.01IU (2.06%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.31mg (1.55%), Vitamin D: 0.23µg (1.53%)