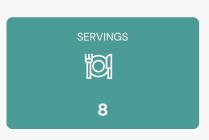


Frozen White Chocolate and Hazelnut Mousse







DESSERT

Ingredients

0.8 cup sugar

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

	0.7 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 unti- 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

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, Catechin: 4.65mg, Catechin: 4.65mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 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: Og (100%), Alcohol %: O% (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%)