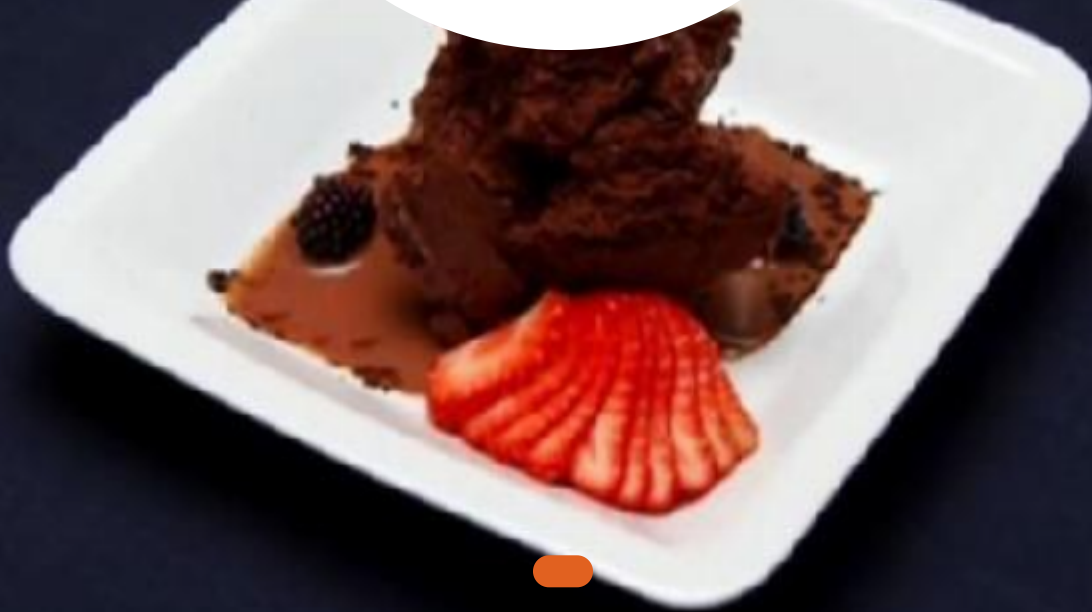




WHATSheATE



Guatemala San Sebastian Coffee Chocolate Mousse

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 4 servings chocolate shaved for garnish
- ☐ 0.3 cup cocoa powder dark
- ☐ 0.3 cup roast coffee dark brewed
- ☐ 4 servings fruit fresh for garnish
- ☐ 1 teaspoon gelatin powder unflavored (recommended: Ultratex 8)
- ☐ 1 cup heavy cream
- ☐ 0.3 cup powdered sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water cold
- ☐ 2 tablespoons water hot

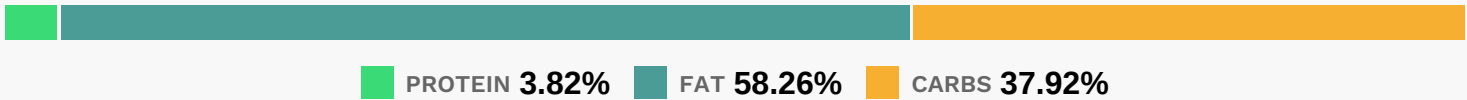
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ stand mixer

Directions

- ☐ Add the gelatin and cold water to a small bowl and allow it to sit for 2 minutes.
- ☐ Add hot water and stir until the gelatin is dissolved.
- ☐ Cooks Note: If you are using modified tapioca starch, this step is not necessary just add it to cocoa mixture and continue.
- ☐ In a stand mixer, add the cocoa and sugar and blend on low speed with the whisk attachment, until well combined.
- ☐ Add the cream, vanilla bean seeds and coffee and mix on high speed until stiff peaks are formed. Stir in the gelatin and mix for 1 minute.
- ☐ Remove the mousse from the mixer and portion into serving dishes. Refrigerate for 1 to 2 hours.
- ☐ Garnish with shaved chocolate or fresh fruit and serve.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:6.8969565007998%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 328.6kcal (16.43%), Fat: 22.68g (34.89%), Saturated Fat: 14.33g (89.57%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 29.27g (10.64%), Sugar: 25.49g (28.32%), Cholesterol: 67.24mg (22.41%), Sodium: 24.36mg (1.06%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 18.95mg (6.32%), Protein: 3.35g (6.69%), Vitamin A: 1232.52IU (24.65%), Fiber: 3.94g (15.76%), Copper: 0.31mg (15.39%), Manganese: 0.25mg (12.41%), Vitamin B2: 0.17mg (9.94%), Magnesium: 38.63mg (9.66%), Phosphorus: 90.18mg (9.02%), Potassium: 254.52mg (7.27%), Vitamin K: 7.57µg (7.21%), Iron: 1.22mg (6.75%), Vitamin D: 0.95µg (6.35%), Calcium: 53.08mg (5.31%), Zinc: 0.64mg (4.24%), Selenium: 2.64µg (3.77%), Vitamin E: 0.56mg (3.71%), Vitamin C: 2.96mg (3.59%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.25mg (2.52%), Vitamin B6: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.17%), Folate: 6.8µg (1.7%), Vitamin B12: 0.1µg (1.59%)