

Heavenly Chocolate Mousse

 **Gluten Free**

READY IN



30 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 3 egg yolk
- 1.3 cups cup heavy whipping cream
- 8 ounces bittersweet chocolate coarsely chopped
- 2 tablespoons sugar
- 0.5 cup water divided

Equipment

- sauce pan

- whisk
- microwave

Directions

- In a microwave, microwave the chocolate, 1/4 cup water and butter until the chocolate and butter are melted; stir until smooth. Cool for 10 minutes.
- In a small heavy saucepan, whisk egg yolks, sugar and remaining water. Cook and stir over medium heat until mixture reaches 160° or is thick enough to coat the back of a metal spoon.
- Remove from the heat; whisk in chocolate mixture.
- Set saucepan in ice and stir until cooled, about 5–10 minutes. Fold in whipped cream. Spoon into dessert dishes. Refrigerate for 4 hours or overnight.

Nutrition Facts

PROTEIN 4.42% **FAT 73.85%** **CARBS 21.73%**

Properties

Glycemic Index:15.01, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:7.1652173905269%

Nutrients (% of daily need)

Calories: 348.96kcal (17.45%), Fat: 28.92g (44.5%), Saturated Fat: 17.24g (107.77%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.88g (6.14%), Sugar: 14.53g (16.14%), Cholesterol: 124.15mg (41.38%), Sodium: 39.39mg (1.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.89g (7.79%), Manganese: 0.38mg (18.99%), Copper: 0.37mg (18.28%), Vitamin A: 745.63IU (14.91%), Magnesium: 53.05mg (13.26%), Phosphorus: 122.44mg (12.24%), Iron: 2.02mg (11.2%), Selenium: 7.33µg (10.47%), Fiber: 2.27g (9.07%), Vitamin B2: 0.12mg (7.13%), Zinc: 1mg (6.67%), Vitamin D: 0.96µg (6.4%), Potassium: 204.33mg (5.84%), Calcium: 52.14mg (5.21%), Vitamin E: 0.76mg (5.1%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.39mg (3.86%), Vitamin K: 3.52µg (3.36%), Folate: 11.45µg (2.86%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (1.9%), Vitamin B3: 0.26mg (1.32%)