



Instant Chocolate Mousse

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



530 kcal

Ingredients

- ☐ 1 cup heavy cream
- ☐ 3 cups marshmallows mini
- ☐ 9 ounces best quality semisweet chocolate chopped
- ☐ 0.5 stick butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water from a recently kettle hot boiled

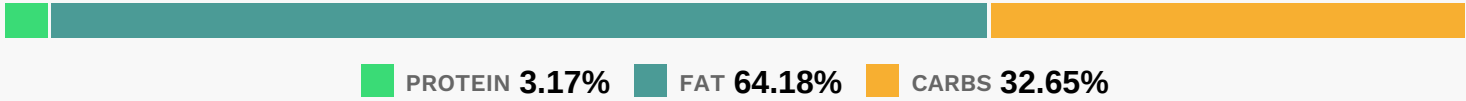
Equipment

- ☐ sauce pan
- ☐ stove

Directions

- ☐ Put the marshmallows, butter, chocolate and water in a heavy-based saucepan.
- ☐ Put the saucepan on the stove, over heat, though keep it fairly gentle, to melt, stirring every now and again.
- ☐ Remove from the heat.
- ☐ Meanwhile whip the cream with the vanilla until thick and then fold into the cooling chocolate mixture until you have a smooth, cohesive mixture.
- ☐ Pour or scrape into 4 or 6 glasses or small dishes and chill until you want to eat. The sooner the better!

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:12.28, Inflammation Score:-6, Nutrition Score:8.5913043553415%

Nutrients (% of daily need)

Calories: 530.02kcal (26.5%), Fat: 38.3g (58.92%), Saturated Fat: 23.34g (145.89%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 40.41g (14.69%), Sugar: 31.26g (34.73%), Cholesterol: 67.62mg (22.54%), Sodium: 36.55mg (1.59%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 36.57mg (12.19%), Protein: 4.26g (8.52%), Manganese: 0.57mg (28.39%), Copper: 0.56mg (28.14%), Magnesium: 78.49mg (19.62%), Vitamin A: 839.68IU (16.79%), Iron: 2.79mg (15.49%), Phosphorus: 137.87mg (13.79%), Fiber: 3.43g (13.71%), Zinc: 1.24mg (8.28%), Potassium: 283.29mg (8.09%), Selenium: 5.28µg (7.54%), Vitamin B2: 0.1mg (5.85%), Calcium: 55.92mg (5.59%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.78µg (5.17%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.41mg (2.04%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.48%)