



Intensely Chocolate Mousse Cake

 Gluten Free

READY IN



365 min.

SERVINGS



12

CALORIES



323 kcal

DESSERT

Ingredients

- 9 oz baker's bittersweet chocolate
- 0.3 cup butter
- 0.5 cup plus light
- 0.3 cup cornstarch
- 3 eggs beaten
- 0.3 tsp salt
- 0.5 cup sugar
- 0.8 cup water cold

- 12 servings water boiling
- 1 cup whipping cream

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- springform pan

Directions

- Heat oven to 350F.
- Mix first 4 ingredients in large saucepan; cook on low heat until sugar is dissolved, stirring constantly with whisk.
- Add chocolate and salt; bring just to boil on medium heat, stirring constantly.
- Remove from heat.
- Add butter; stir until melted.
- Pour into large bowl. Refrigerate 15 min. or until cooled, stirring occasionally. (
 Mixture can still be slightly warm to the touch.)
- Add eggs; mix well.
- Beat whipping cream in small bowl with mixer on high speed until soft peaks form.
- Add to chocolate mixture; stir gently until well blended. Spoon into greased and floured 9-inch springform pan.
- Place pan in larger shallow pan, then place on center oven rack. Carefully pour boiling water into larger pan to come halfway up side of springform pan.
- Bake 45 min. or until center is set. (Top will feel slightly firm to the touch.)

- Remove springform pan to wire rack. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours.

Nutrition Facts



PROTEIN 4.01% **FAT 55.29%** **CARBS 40.7%**

Properties

Glycemic Index:7.42, Glycemic Load:7.89, Inflammation Score:-4, Nutrition Score:5.4917391240597%

Nutrients (% of daily need)

Calories: 322.73kcal (16.14%), Fat: 20.21g (31.1%), Saturated Fat: 10.38g (64.88%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 31.75g (11.55%), Sugar: 27.65g (30.73%), Cholesterol: 64.61mg (21.54%), Sodium: 137.85mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 3.3g (6.6%), Copper: 0.32mg (15.88%), Manganese: 0.29mg (14.34%), Magnesium: 43.01mg (10.75%), Vitamin A: 530.74IU (10.61%), Phosphorus: 90mg (9%), Iron: 1.57mg (8.74%), Selenium: 5.98µg (8.55%), Fiber: 1.73g (6.9%), Vitamin B2: 0.1mg (5.96%), Zinc: 0.84mg (5.62%), Potassium: 156.96mg (4.48%), Calcium: 43.41mg (4.34%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.54µg (3.58%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.29mg (2.87%), Vitamin K: 2.2µg (2.09%), Vitamin B6: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.6%), Folate: 6.01µg (1.5%)