



Manhattan Mousse

 **Gluten Free**

READY IN

ready

135 min.

SERVINGS

servings

4

CALORIES

calories

771 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup cherries dried
- ☐ 3 eggs separated
- ☐ 12 ounce semi chocolate chips
- ☐ 1 cup vermouth sweet
- ☐ 0.3 cup irish whiskey

Equipment

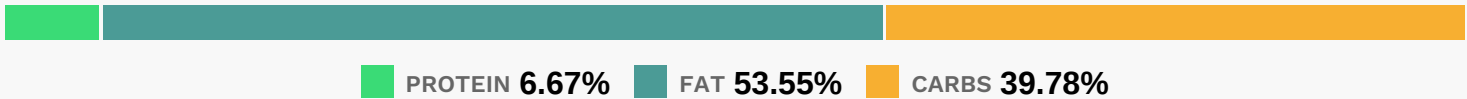
- ☐ bowl

- ☐ whisk
- ☐ double boiler

Directions

- ☐ In a small bowl, pour vermouth over dried cherries to rehydrate. Macerate for 30 minutes or until cherries are plump. Meanwhile, using a double boiler, melt chocolate and butter together.
- ☐ Remove melted chocolate from heat and stir in whiskey.
- ☐ In a separate bowl whisk egg yolks, then slowly add in thirds to the melted chocolate. In a large bowl whip egg whites to stiff peaks.
- ☐ Whisk 1/3 of the whites into the chocolate then gently fold in the remainder.
- ☐ Pour into 4 individual serving dishes and refrigerate for at least 2 hours.
- ☐ Remove dishes from the refrigerator, top with macerated cherries and serve.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:17.796521798424%

Nutrients (% of daily need)

Calories: 771.05kcal (38.55%), Fat: 41.4g (63.69%), Saturated Fat: 23.37g (146.05%), Carbohydrates: 69.19g (23.06%), Net Carbohydrates: 59.53g (21.65%), Sugar: 47.05g (52.28%), Cholesterol: 142.91mg (47.64%), Sodium: 105.22mg (4.57%), Alcohol: 11.01g (100%), Alcohol %: 6.06% (100%), Caffeine: 73.14mg (24.38%), Protein: 11.6g (23.21%), Manganese: 1.14mg (56.87%), Copper: 1.09mg (54.36%), Fiber: 9.66g (38.62%), Magnesium: 153.79mg (38.45%), Iron: 6.45mg (35.82%), Vitamin A: 1471.41IU (29.43%), Phosphorus: 288.59mg (28.86%), Selenium: 17.35µg (24.78%), Zinc: 2.69mg (17.92%), Potassium: 529.59mg (15.13%), Vitamin B2: 0.19mg (11.47%), Calcium: 100.16mg (10.02%), Vitamin B5: 0.77mg (7.69%), Vitamin B12: 0.46µg (7.64%), Vitamin E: 1.01mg (6.74%), Vitamin K: 6.71µg (6.39%), Vitamin D: 0.66µg (4.4%), Vitamin B6: 0.09mg (4.26%), Folate: 15.72µg (3.93%), Vitamin B3: 0.75mg (3.74%), Vitamin B1: 0.04mg (2.8%)