



Mexican Chocolate Mousse with Burnt Rum

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



707 kcal

DESSERT

Ingredients

- ☐ 12 servings cinnamon-almond cookies
- ☐ 18.6 ounce mexican chocolate chopped
- ☐ 4 cups heavy whipping cream chilled divided
- ☐ 0.8 cup rum white
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup milk whole

Equipment

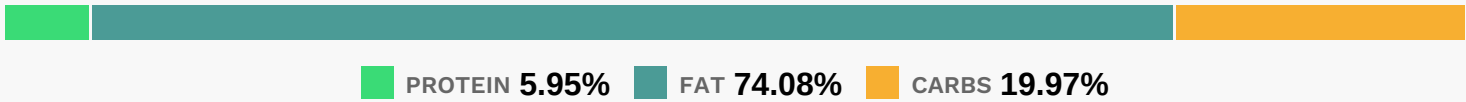
- ☐ bowl

- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Stir chocolate, milk, and salt in heavy medium saucepan over medium heat until chocolate melts. Stir constantly until all sugar in chocolate is dissolved, about 13 minutes.
- ☐ Add rum to chocolate; using long match, immediately ignite rum. Carefully stir chocolate mixture with long spoon until flames subside.
- ☐ Transfer chocolate to large bowl. Cool to room temperature.
- ☐ Using electric mixer, beat 3 cups cream in large bowl until peaks form. Working in 2 batches, fold whipped cream into chocolate mixture.
- ☐ Divide chocolate mousse among 12 glasses, about 3/4 cup for each. Chill mousse until set, at least 3 hours. (Can be made 1 day ahead. Cover and chill.)
- ☐ Beat remaining 1 cup cream until peaks form.
- ☐ Place dollop of whipped cream atop mousse in each glass.
- ☐ Serve mousse with Cinnamon-Almond Cookies.
- ☐ *Mexican chocolate is available at some supermarkets and at Latin markets.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:10.73, Inflammation Score:-8, Nutrition Score:16.591304356637%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 706.97kcal (35.35%), Fat: 58.96g (90.71%), Saturated Fat: 28.4g (177.5%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 29.58g (10.76%), Sugar: 26.73g (29.7%), Cholesterol: 90.87mg (30.29%), Sodium: 178.11mg (7.74%), Alcohol: 5.01g (100%), Alcohol %: 3.55% (100%), Caffeine: 29mg (9.67%), Protein: 10.66g (21.32%), Vitamin E: 8.53mg (56.86%), Manganese: 0.91mg (45.34%), Vitamin B2: 0.61mg (35.96%), Magnesium: 137.43mg (34.36%), Copper: 0.57mg (28.67%), Phosphorus: 265.78mg (26.58%), Fiber: 6.17g (24.67%), Vitamin A: 1182.97IU (23.66%), Calcium: 156.2mg (15.62%), Iron: 2.41mg (13.4%), Potassium: 438.28mg (12.52%), Zinc: 1.83mg (12.22%), Vitamin D: 1.38µg (9.21%), Vitamin B3: 1.44mg (7.22%), Selenium: 5.03µg (7.19%), Vitamin B1: 0.09mg (6.18%), Vitamin K: 5.34µg (5.08%), Vitamin B6: 0.09mg (4.71%), Folate: 17.69µg (4.42%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.18µg (3.03%)