



Mexican "Hot Chocolate" Mousse



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons chai concentrate
- ☐ 8 ounces chocolate dark sweet chopped
- ☐ 10 servings cinnamon sticks
- ☐ 10 servings cinnamon sugar
- ☐ 4 egg whites
- ☐ 8 egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.5 cup milk

- ☐ 1.3 cups sugar
- ☐ 10 servings garnish: whipped cream sweetened
- ☐ 0.3 cup water

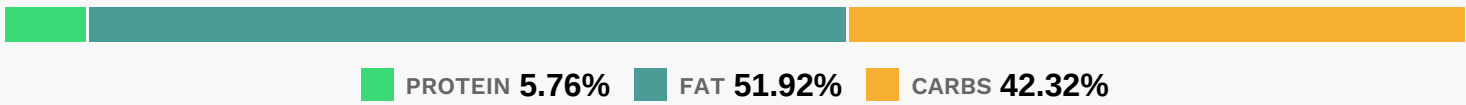
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Place chopped chocolate in a large glass bowl.
- ☐ Combine chai powder and milk in a small saucepan. Bring to a simmer over medium heat.
- ☐ Remove from heat.
- ☐ Pour warm milk mixture over chocolate; stir until chocolate is melted and smooth. Set aside.
- ☐ Combine sugar and water in a small saucepan. Cook over medium heat 6 minutes or until sugar dissolves, stirring constantly.
- ☐ Beat egg yolks in a large bowl at high speed with an electric mixer 3 minutes or until pale and doubled. Gradually add sugar syrup, beating 4 minutes or until slightly thickened. Gradually fold into melted chocolate.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form. Fold egg whites and whipping cream into chocolate mixture.
- ☐ Serve in mugs.
- ☐ Top each serving with a dollop of sweetened whipped cream and a cinnamon stick.
- ☐ Sprinkle with cinnamon sugar.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:28.31, Inflammation Score:-5, Nutrition Score:11.002173909675%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg Thearubigins: 2.4mg, Thearubigins: 2.4mg, Thearubigins: 2.4mg, Thearubigins: 2.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Theaflavin–3,3'–digallate: 0.05mg, Theaflavin–3,3'–digallate: 0.05mg, Theaflavin–3,3'–digallate: 0.05mg, Theaflavin–3,3'–digallate: 0.05mg Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 479.77kcal (23.99%), Fat: 28.26g (43.48%), Saturated Fat: 16.2g (101.27%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 48.29g (17.56%), Sugar: 44.69g (49.65%), Cholesterol: 202.57mg (67.52%), Sodium: 47.08mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.74mg (6.25%), Protein: 7.05g (14.1%), Manganese: 0.81mg (40.46%), Copper: 0.43mg (21.48%), Selenium: 13.68µg (19.54%), Iron: 3.33mg (18.48%), Phosphorus: 167.49mg (16.75%), Vitamin A: 808.05IU (16.16%), Magnesium: 59.72mg (14.93%), Vitamin B2: 0.24mg (14.27%), Fiber: 3.53g (14.14%), Calcium: 101.19mg (10.12%), Vitamin D: 1.51µg (10.05%), Zinc: 1.28mg (8.57%), Vitamin B12: 0.5µg (8.26%), Potassium: 268.9mg (7.68%), Vitamin B5: 0.71mg (7.1%), Vitamin E: 0.92mg (6.16%), Folate: 23.38µg (5.84%), Vitamin B6: 0.09mg (4.26%), Vitamin K: 3.67µg (3.5%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.32mg (1.61%)