



Milk Chocolate Mousse Filling

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



43 kcal

DESSERT

Ingredients

- 2 tablespoons rum / brandy / coffee liqueur
- 2 large egg yolks
- 0.5 teaspoon gelatin powder unflavored
- 0.5 cup heavy cream chilled
- 4 ounces chocolate cooled melted
- 1 pinch salt
- 2 tablespoons sugar
- 0.5 tablespoon water

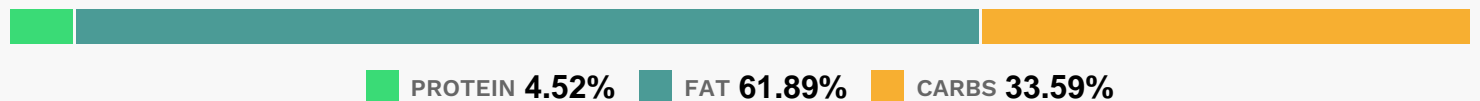
Equipment

- bowl
- plastic wrap
- hand mixer
- microwave
- spatula

Directions

- In a small bowl, sprinkle the gelatin over the water and let stand until softened.
- Meanwhile, in a medium bowl, using a handheld electric mixer, beat the cream until softly whipped. Refrigerate until chilled, about 10 minutes.
- In a small, microwave-safe bowl, heat the coffee liqueur at high power until hot, about 45 seconds. Stir in the softened gelatin until dissolved.
- In another medium bowl, beat the egg yolks with the sugar and salt at high speed until pale and thickened, about 5 minutes. While beating the yolks, beat in the coffee-gelatin liquid; scrape the side and bottom of the bowl. Beat in the melted chocolate. Using a rubber spatula, fold in the whipped cream in 2 additions. Scrape the mousse into a bowl, cover with plastic wrap and refrigerate until firm, at least 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:0.68521739210448%

Nutrients (% of daily need)

Calories: 43.03kcal (2.15%), Fat: 3.03g (4.66%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.49g (1.27%), Sugar: 3.33g (3.7%), Cholesterol: 16.72mg (5.57%), Sodium: 3.74mg (0.16%), Alcohol: 0.22g (100%), Alcohol %: 2.5% (100%), Protein: 0.5g (1%), Vitamin A: 74.65IU (1.49%), Vitamin B2: 0.02mg (1.34%), Selenium: 0.89µg (1.27%), Copper: 0.02mg (1.23%), Phosphorus: 12.3mg (1.23%), Magnesium: 4.62mg (1.16%)