



Milk Chocolate Mousse with Cranberry and Candied-Orange Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



544 kcal

DESSERT

Ingredients

- 6 servings cranberry and candied-orange chutney
- 6 servings milk chocolate shavings dark
- 1 teaspoon rum dark
- 3 large egg yolks
- 12 ounces imported milk chocolate finely chopped
- 1 pinch salt
- 1.5 cups whipping cream chilled divided

0.7 cup milk whole

Equipment

bowl

frying pan

sauce pan

whisk

Directions

Whisk yolks and salt to blend in medium bowl. Bring milk to simmer in medium saucepan. Gradually whisk hot milk into yolk mixture; return to same pan. Stir over low heat until custard thickens, about 1 minute (do not boil).

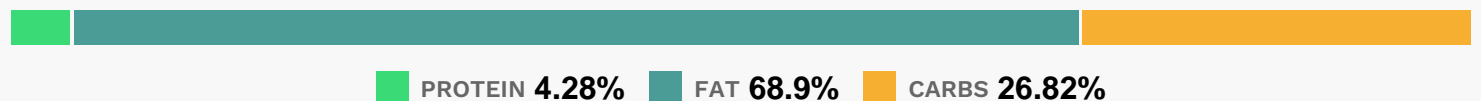
Remove from heat; add chocolate.

Whisk until chocolate melts and mousse base is smooth; whisk in rum. Cool 45 minutes.

Beat 3/4 cup cream in bowl until peaks form; fold into mousse base. Cover; chill at least 4 hours.

Beat 3/4 cup cream in another bowl until peaks form. Drop 1 1/2 tablespoons chutney into each dessert dish. Top with 1/2 cup mousse, 1 1/2 tablespoons chutney, a dollop of whipped cream, and chocolate shavings. Cover; chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:13.74, Inflammation Score:-6, Nutrition Score:9.6708696173585%

Nutrients (% of daily need)

Calories: 544.34kcal (27.22%), Fat: 44.37g (68.27%), Saturated Fat: 26.61g (166.29%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 35.64g (12.96%), Sugar: 33.45g (37.17%), Cholesterol: 162.35mg (54.12%), Sodium: 47.07mg (2.05%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Caffeine: 38.28mg (12.76%), Protein: 6.21g (12.41%), Vitamin A: 1041.83IU (20.84%), Vitamin B2: 0.33mg (19.46%), Magnesium: 73.71mg (18.43%), Phosphorus: 181.07mg (18.11%), Copper: 0.35mg (17.59%), Manganese: 0.3mg (15.05%), Fiber: 3.21g (12.86%), Selenium: 8.74µg (12.48%), Vitamin D: 1.71µg (11.39%), Iron: 1.92mg (10.68%), Calcium: 97.99mg (9.8%), Zinc: 1.33mg (8.85%),

Potassium: 277.13mg (7.92%), Vitamin B12: 0.41µg (6.82%), Vitamin E: 0.93mg (6.23%), Vitamin B5: 0.55mg (5.5%),
Vitamin K: 5.69µg (5.42%), Vitamin B6: 0.09mg (4.59%), Folate: 16.49µg (4.12%), Vitamin B1: 0.05mg (3.58%),
Vitamin B3: 0.46mg (2.28%)