



WHATSheATE



Milk Chocolate Orange Mousse

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 0.7 cup egg whites (from 5 eggs)
- ☐ 1 tablespoon grand marnier liqueur frozen thawed
- ☐ 2 cups heavy cream chilled
- ☐ 5 ounces chocolate
- ☐ 1 teaspoon orange zest freshly grated
- ☐ 3 ounces bittersweet chocolate
- ☐ 0.3 cup sugar

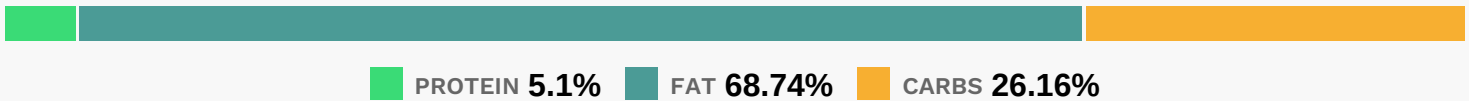
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ double boiler
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ In the top of a large double boiler set over barely simmering water, melt the chocolates together. Stir well and set aside to cool slightly. In a mixer fitted with a whisk attachment (or using a hand mixer), whip the cream until stiff. Keep refrigerated.
- ☐ In a clean, dry bowl, whip the egg whites until soft peaks form.
- ☐ Add the sugar and continue whipping just until stiff and glossy, about 30 seconds more.
- ☐ Whisking hard, incorporate 1/3 of the egg whites into the chocolate until well blended. Fold in the next 1/3 of the egg whites. Fold in the remaining egg whites until just barely combined (the mixture will be streaky).
- ☐ Add the orange zest, orange juice concentrate, and whipped cream and fold until smooth.
- ☐ Use a pastry bag fitted with a large plain or star tip to pipe the mousse into serving dishes, or simply spoon it into a large serving bowl. Cover lightly and refrigerate at least 1 hour or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.09, Glycemic Load:9.96, Inflammation Score:-6, Nutrition Score:6.4234782301861%

Nutrients (% of daily need)

Calories: 399.28kcal (19.96%), Fat: 31.68g (48.74%), Saturated Fat: 19.59g (122.41%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.26g (9.18%), Sugar: 23.77g (26.41%), Cholesterol: 67.87mg (22.62%), Sodium: 53.8mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.84mg (6.95%), Protein: 5.29g (10.57%), Vitamin A: 888.02IU (17.76%), Vitamin B2: 0.25mg (14.91%), Copper: 0.25mg (12.37%), Manganese: 0.23mg (11.62%),

Magnesium: 45.83mg (11.46%), Selenium: 7.28µg (10.41%), Phosphorus: 92.41mg (9.24%), Fiber: 1.87g (7.48%), Iron: 1.25mg (6.94%), Vitamin D: 0.95µg (6.35%), Potassium: 213.52mg (6.1%), Calcium: 52.72mg (5.27%), Zinc: 0.7mg (4.67%), Vitamin E: 0.67mg (4.45%), Vitamin C: 3.38mg (4.09%), Vitamin K: 3.79µg (3.61%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.13µg (2.21%), Vitamin B6: 0.04mg (1.92%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.45%), Folate: 5.22µg (1.3%)