



Milk Chocolate Peanut Butter Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate-covered peanuts chopped
- ☐ 1 cup heavy whipping cream
- ☐ 6 ounces chocolate finely chopped
- ☐ 0.3 cup peanut butter

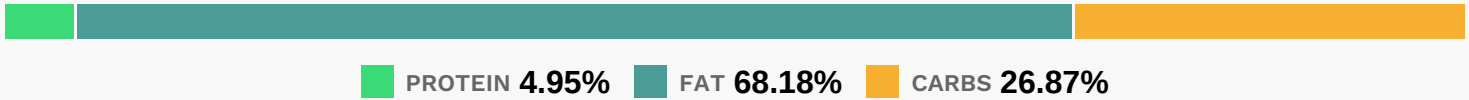
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine chopped milk chocolate, natural peanut butter and heavy cream in a large, heatproof bowl.
- ☐ Place the bowl over a large saucepan with 1 inch simmering water and stir occasionally, until the mixture is melted and smooth, about 5 minutes.
- ☐ Remove the bowl from the saucepan, transfer to the refrigerator and then chill until completely cold, about 2 hours.
- ☐ Whip the mixture with a handheld mixer at medium-high speed until light and fluffy (do not overbeat or mousse will be grainy). Spoon the mixture into 4 bowls and garnish with chopped chocolate-covered peanuts.

Nutrition Facts



Properties

Glycemic Index:14.15, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:10.088260867026%

Nutrients (% of daily need)

Calories: 572.66kcal (28.63%), Fat: 46.48g (71.51%), Saturated Fat: 25.4g (158.73%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 37.65g (13.69%), Sugar: 34.65g (38.5%), Cholesterol: 67.68mg (22.56%), Sodium: 97.45mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.57mg (9.86%), Protein: 7.59g (15.18%), Manganese: 0.5mg (25.04%), Magnesium: 86.22mg (21.55%), Copper: 0.37mg (18.72%), Vitamin A: 888.3IU (17.77%), Phosphorus: 173.13mg (17.31%), Vitamin B2: 0.27mg (15.82%), Vitamin E: 2.17mg (14.47%), Fiber: 3.58g (14.31%), Vitamin B3: 2.53mg (12.64%), Potassium: 347.89mg (9.94%), Iron: 1.77mg (9.83%), Zinc: 1.38mg (9.18%), Calcium: 70.28mg (7.03%), Vitamin D: 0.95µg (6.35%), Vitamin B6: 0.12mg (6.09%), Selenium: 4.03µg (5.75%), Vitamin K: 5.22µg (4.97%), Folate: 18.72µg (4.68%), Vitamin B5: 0.39mg (3.92%), Vitamin B1: 0.06mg (3.68%), Vitamin B12: 0.15µg (2.51%)