



Mocha Chocolate Mousse

READY IN



175 min.

SERVINGS



6

CALORIES



625 kcal

DESSERT

Ingredients

- 12 oz bittersweet chocolate 60% chopped (cacao)
- 0.3 cup bourbon
- 1.7 cups cup heavy whipping cream divided
- 0.5 teaspoon soy sauce reduced-sodium
- 0.7 cup hot-brewed coffee
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract
- 6 servings garnish: whipped cream fresh sweetened

Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- stand mixer
- microwave

Directions

- Microwave chocolate in a large microwave-safe bowl at HIGH 1 minute or until slightly melted.
- Bring coffee, next 3 ingredients, and 2/3 cup cream to a simmer in a small saucepan over medium heat.
- Pour cream mixture over chocolate in bowl.
- Let stand 15 seconds, and stir until smooth. Cool completely (about 30 minutes).
- Beat remaining 1 cup cream at high speed with a heavy-duty electric stand mixer, using a whisk attachment, until foamy; gradually add sugar, beating until soft peaks form. Stir in 1/2 cup coffee mixture until blended; gradually fold in remaining coffee mixture. (
- Mixture will be loose.)
- Spoon chocolate mixture into a shallow 2-qt. bowl or 6 (8- to 10-oz.) glasses. Cover with plastic wrap (without touching mousse), and chill 2 to 3 hours.
- Serve with cookies, if desired, and toppings.
- Note: We tested with Walkers Pure Butter Assorted Shortbread cookies. Warm shortbread in the oven at 350 for 5 minutes so they taste freshly baked.
- Make-Ahead Tip: Refrigerate mousse, without desired toppings, up to 2 days.

Nutrition Facts

  

 PROTEIN 3.69%  FAT 69.52%  CARBS 26.79%

Properties

Glycemic Index:23.35, Glycemic Load:6.23, Inflammation Score:-7, Nutrition Score:11.659565100203%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 625.13kcal (31.26%), Fat: 46.95g (72.24%), Saturated Fat: 28.53g (178.3%), Carbohydrates: 40.71g
(13.57%), Net Carbohydrates: 36.18g (13.15%), Sugar: 31.59g (35.1%), Cholesterol: 82.67mg (27.56%), Sodium:
39.74mg (1.73%), Alcohol: 3.45g (100%), Alcohol %: 2.51% (100%), Caffeine: 59.29mg (19.76%), Protein: 5.61g
(11.22%), Manganese: 0.76mg (38.14%), Copper: 0.72mg (35.96%), Magnesium: 106.2mg (26.55%), Vitamin A:
1041.28IU (20.83%), Iron: 3.67mg (20.39%), Phosphorus: 193mg (19.3%), Fiber: 4.54g (18.16%), Potassium: 408.34mg
(11.67%), Zinc: 1.7mg (11.31%), Vitamin B2: 0.18mg (10.55%), Selenium: 6.88µg (9.83%), Calcium: 85.62mg (8.56%),
Vitamin D: 1.08µg (7.21%), Vitamin E: 0.99mg (6.57%), Vitamin K: 6.34µg (6.04%), Vitamin B5: 0.43mg (4.25%),
Vitamin B12: 0.23µg (3.75%), Vitamin B3: 0.58mg (2.9%), Vitamin B1: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.3%)