



Mocha Mousse with Sichuan Peppercorns (Mousse au Moka et Poivre)

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



308 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 3 large egg whites
- ☐ 1.5 teaspoon ground coffee
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.3 teaspoon peppercorns
- ☐ 1 tablespoon sugar

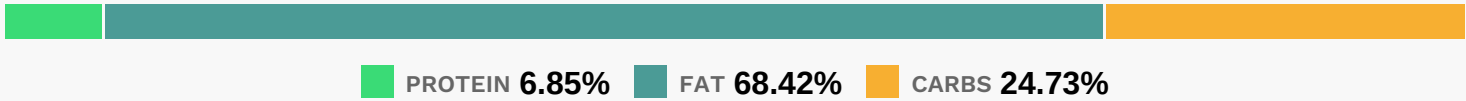
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer
- ☐ mortar and pestle

Directions

- ☐ Grind peppercorns with mortar and pestle.
- ☐ Bring cream, coffee, and pepper to a simmer in a small saucepan.
- ☐ Remove from heat and let steep, covered, 30 minutes. Strain cream through a fine-mesh sieve into a bowl, pressing on solids.
- ☐ Melt chocolate in a large bowl. Stir in cream. Cool slightly.
- ☐ Beat egg whites with sugar using an electric mixer until they just hold stiff peaks. Fold into chocolate mixture gently but thoroughly.
- ☐ Spoon mousse into glasses and chill at least 3 hours.
- ☐ •The egg whites in this recipe are not cooked. •Mousse can be chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:6.2517391430295%

Nutrients (% of daily need)

Calories: 308.44kcal (15.42%), Fat: 23.63g (36.36%), Saturated Fat: 14.26g (89.13%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 16.88g (6.14%), Sugar: 15.24g (16.93%), Cholesterol: 44.66mg (14.89%), Sodium: 55.06mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.99mg (8.66%), Protein: 5.32g (10.65%), Manganese: 0.41mg (20.69%), Copper: 0.37mg (18.28%), Magnesium: 54.48mg (13.62%), Selenium: 7.96µg (11.37%), Vitamin A: 524.73IU (10.49%), Iron: 1.86mg (10.33%), Vitamin B2: 0.16mg (9.46%), Fiber: 2.34g (9.35%), Phosphorus: 89.36mg (8.94%), Potassium: 223.64mg (6.39%), Zinc: 0.81mg (5.4%), Calcium: 44.15mg (4.41%), Vitamin K: 3.13µg

(2.98%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.19mg (1.86%), Vitamin B12: 0.1µg (1.75%), Vitamin B3: 0.28mg (1.4%)