



## Molten Chocolate Mousse Cups



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



4718 kcal

DESSERT

### Ingredients

- ☐ 14 ounces bittersweet chocolate chopped
- ☐ 6 large eggs separated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted

### Equipment

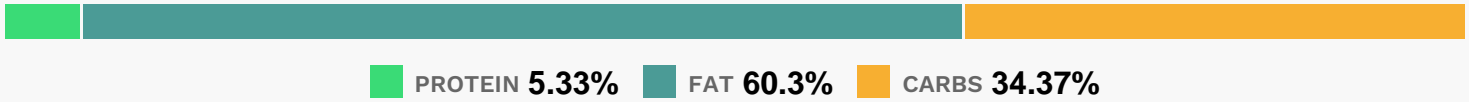
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ spatula

## Directions

- ☐ Put chocolate and butter in a medium metal bowl and set bowl over (not touching) simmering water in a pot.
- ☐ Heat until chocolate is almost completely melted; remove from heat, stir until smooth, and set aside.
- ☐ With a mixer fitted with the whisk attachment, whisk egg whites and salt in a bowl until foamy. With mixer still on, slowly rain in sugar and whisk until soft peaks form.
- ☐ Stir yolks into chocolate mixture until completely blended. Using a rubber spatula, gently fold in whites. Divide mixture among 12 small freezer- and ovenproof coffee cups or ramekins (4 oz. each). Cover each cup with plastic wrap and freeze at least 3 hours and up to 2 weeks.
- ☐ Preheat oven to 32
- ☐ Set ramekins on a rimmed baking sheet, remove plastic wrap, and bake until puffed, cracked on the edges, and just wet-looking in the center, 30 to 35 minutes.
- ☐ Let cakes cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:70.09, Glycemic Load:139.62, Inflammation Score:-10, Nutrition Score:65.326521914938%

## Nutrients (% of daily need)

Calories: 4717.71kcal (235.89%), Fat: 319.31g (491.25%), Saturated Fat: 184.28g (1151.77%), Carbohydrates: 409.51g (136.5%), Net Carbohydrates: 377.76g (137.37%), Sugar: 346.51g (385.01%), Cholesterol: 1505.85mg (501.95%), Sodium: 1067.79mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 341.33mg (113.78%), Protein: 63.54g (127.07%), Manganese: 5.36mg (267.96%), Copper: 5.21mg (260.55%), Magnesium: 737.95mg (184.49%), Selenium: 128.34µg (183.35%), Iron: 30.47mg (169.29%), Phosphorus: 1666.78mg (166.68%), Fiber: 31.75g (127.01%), Vitamin A: 6072.99IU (121.46%), Vitamin B2: 1.66mg (97.73%), Zinc: 14.56mg (97.08%), Potassium: 2709.37mg (77.41%), Vitamin E: 9.44mg (62.94%), Vitamin B12: 3.67µg (61.23%), Vitamin B5: 5.98mg (59.77%), Vitamin D: 8.55µg (57.03%), Calcium: 457.29mg (45.73%), Vitamin K: 41.39µg (39.42%), Folate: 146.11µg (36.53%), Vitamin B6: 0.65mg (32.5%), Vitamin B3: 3.62mg (18.11%), Vitamin B1: 0.26mg (17.03%)