



Mom's Blender Chocolate Mousse with Lemon Cream

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 3 large egg whites
- ☐ 0.3 teaspoon espresso powder instant
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 cup semi chocolate chips
- ☐ 3 tablespoons sugar divided
- ☐ 0.8 cup water

☐ 0.3 cup whipping cream chilled

Equipment

☐ bowl

☐ sauce pan

☐ whisk

☐ blender

Directions

☐ Place chocolate in blender. Bring 3/4 cup water, 2 tablespoons sugar, and espresso powder to simmer in medium saucepan, stirring to dissolve sugar.

☐ Pour over chocolate. Cover tightly; blend 5 seconds.

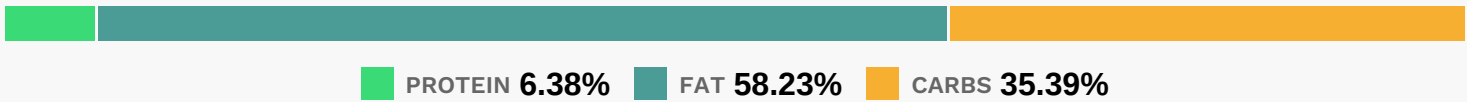
☐ Add egg whites. Cover tightly; blend on high 1 minute.

☐ Pour into 4 small bowls. Chill until firm, about 2 hours.

☐ Whisk cream, lemon juice, peel, and 1 tablespoon sugar in small bowl to very soft peaks. Spoon over mousse; serve.

☐ Self

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-5, Nutrition Score:8.4873913578365%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 376.12kcal (18.81%), Fat: 24.47g (37.65%), Saturated Fat: 14.48g (90.48%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 29.84g (10.85%), Sugar: 26.3g (29.22%), Cholesterol: 25.11mg (8.37%), Sodium: 53.3mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40.66mg (13.55%), Protein: 6.03g (12.06%),

Manganese: 0.6mg (30.04%), Copper: 0.58mg (28.89%), Magnesium: 84.07mg (21.02%), Iron: 2.89mg (16.08%), Fiber: 3.63g (14.52%), Selenium: 9.39µg (13.41%), Phosphorus: 132.54mg (13.25%), Vitamin B2: 0.17mg (10.01%), Potassium: 318.41mg (9.1%), Zinc: 1.25mg (8.36%), Vitamin A: 314.25IU (6.29%), Calcium: 44.64mg (4.46%), Vitamin K: 3.88µg (3.69%), Vitamin E: 0.45mg (3%), Vitamin B5: 0.24mg (2.35%), Vitamin B12: 0.14µg (2.25%), Vitamin B3: 0.44mg (2.18%), Vitamin D: 0.32µg (2.12%), Vitamin B1: 0.02mg (1.32%), Vitamin B6: 0.02mg (1.23%), Vitamin C: 0.93mg (1.12%)