



## Mousse au chocolat

READY IN



30 min.

SERVINGS



6

CALORIES



307 kcal

DESSERT

### Ingredients

- ☐ 200 g baker's chocolate dark green organic (we used and Black's Chocolate)
- ☐ 2 tbsp brandy
- ☐ 3 large eggs free-range
- ☐ 50 g brown sugar
- ☐ 100 ml whipping cream
- ☐ 6 servings biscuits such as langes-de-chat crisp

### Equipment

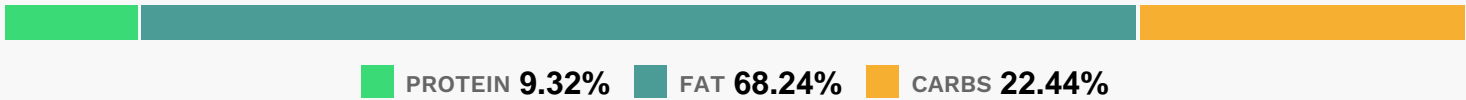
- ☐ bowl

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Grate 50g/2oz of the chocolate and reserve. Break the rest into small, even-sized pieces and melt in a bowl placed over a pan of simmering water. Take the pan off the heat but keep the bowl over the hot water and stir in the brandy. Dont worry if the mixture thickens it will smooth out again later.
- ☐ Whisk the egg whites in a large bowl until theyre standing in stiff peaks. Spoon in half the sugar, whisk again, then add the rest of the sugar and whisk until it looks glossy like meringue. Whip the cream in a separate bowl. Take the melted chocolate off the pan and fold in a heaped metal serving spoon of meringue to loosen the consistency, then tip the chocolate into the meringue and fold in lightly but thoroughly. Now fold in the whipped cream, then twothirds of the grated chocolate.
- ☐ Spoon the chocolate mixture into six demitasse cups (or you could use espresso cups or small teacups) and chill in the fridge for at least 2 hours, or overnight if this is more convenient.
- ☐ Sprinkle with the remaining grated chocolate, then dust with icing sugar.
- ☐ Serve the cups on saucers with some crisp biscuits tucked alongside.

## Nutrition Facts



## Properties

Glycemic Index:13.33, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:14.928260776984%

## Flavonoids

Catechin: 21.44mg, Catechin: 21.44mg, Catechin: 21.44mg, Catechin: 21.44mg Epicatechin: 47.28mg, Epicatechin: 47.28mg, Epicatechin: 47.28mg, Epicatechin: 47.28mg

## Nutrients (% of daily need)

Calories: 306.62kcal (15.33%), Fat: 26.03g (40.05%), Saturated Fat: 15.45g (96.55%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 13.72g (4.99%), Sugar: 9g (10%), Cholesterol: 111.96mg (37.32%), Sodium: 59.83mg (2.6%), Alcohol: 1.67g (100%), Alcohol %: 2.37% (100%), Caffeine: 26.67mg (8.89%), Protein: 8g (16%), Manganese: 1.41mg (70.32%), Copper: 1.1mg (55.17%), Iron: 6.35mg (35.27%), Magnesium: 114.09mg (28.52%), Zinc: 3.58mg

(23.88%), Fiber: 5.55g (22.19%), Phosphorus: 197.39mg (19.74%), Selenium: 11.17µg (15.95%), Vitamin B2: 0.18mg (10.72%), Potassium: 340.52mg (9.73%), Vitamin A: 381.48IU (7.63%), Calcium: 66.14mg (6.61%), Folate: 22.54µg (5.63%), Vitamin D: 0.77µg (5.12%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.07mg (4.46%), Vitamin B12: 0.25µg (4.18%), Vitamin E: 0.56mg (3.76%), Vitamin K: 3.89µg (3.7%), Vitamin B6: 0.06mg (3.07%), Vitamin B3: 0.52mg (2.62%)