



Mousse au Chocolat

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 12 ounce bars bittersweet chocolate
- ☐ 4 egg yolks
- ☐ 2 tablespoons orange liqueur
- ☐ 0.3 cup strong coffee decoction
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings garnishes: whipped cream
- ☐ 1 cup whipping cream divided

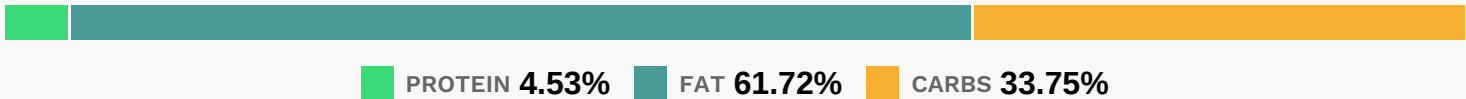
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine first 3 ingredients in a medium saucepan. Cook over low heat, stirring constantly, until chocolate melts; remove from heat.
- ☐ Beat egg yolks well, and stir in 1/4 cup whipping cream.
- ☐ Whisk about one-fourth of chocolate mixture into egg mixture; whisk back into remaining chocolate mixture. Cook, stirring constantly, over medium-low heat until a thermometer registers 16
- ☐ Remove from heat; stir in orange liqueur and vanilla. Cool to room temperature, stirring occasionally.
- ☐ Beat remaining 3/4 cup whipping cream until soft peaks form. Fold about one-fourth of whipped cream into cooled chocolate mixture; fold in remaining whipped cream.
- ☐ Spoon mousse into 8 goblets. Cover and chill thoroughly.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:9.14, Inflammation Score:-5, Nutrition Score:9.5330434247203%

Nutrients (% of daily need)

Calories: 452.26kcal (22.61%), Fat: 30.8g (47.39%), Saturated Fat: 17.9g (111.9%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 34.5g (12.54%), Sugar: 30.72g (34.14%), Cholesterol: 137.93mg (45.98%), Sodium: 17.73mg (0.77%), Alcohol: 1.06g (100%), Alcohol %: 1.18% (100%), Caffeine: 41.5mg (13.83%), Protein: 5.09g (10.17%), Manganese: 0.57mg (28.64%), Copper: 0.54mg (27.21%), Magnesium: 78.47mg (19.62%), Phosphorus: 168.79mg (16.88%), Iron: 2.98mg (16.53%), Selenium: 9.67µg (13.82%), Fiber: 3.4g (13.61%), Vitamin A: 629.47IU (12.59%), Zinc: 1.43mg (9.55%), Potassium: 294.59mg (8.42%), Vitamin B2: 0.14mg (8.16%), Vitamin D: 0.99µg (6.57%), Calcium: 64.06mg

(6.41%), Vitamin E: 0.8mg (5.31%), Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.52mg (5.16%), Vitamin K: 4.2µg (4%), Folate: 14.71µg (3.68%), Vitamin B6: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.61%), Vitamin B3: 0.41mg (2.04%)