



Pat's Favorite Chocolate Mousse

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



818 kcal

DESSERT

Ingredients

- ☐ 4 servings chocolate dark shaved for garnish
- ☐ 4 large egg yolks
- ☐ 1.8 cups heavy cream
- ☐ 1 pinch salt
- ☐ 8 ounces bittersweet chocolate chopped fine
- ☐ 6 tablespoons sugar
- ☐ 2 teaspoons vanilla extract

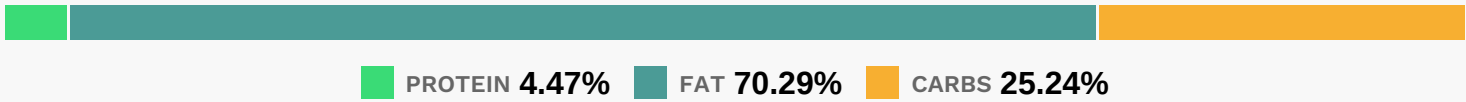
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the chocolate by adding to a bowl placed over simmering water and stirring until melted and smooth.
- ☐ Remove from the heat.
- ☐ Whisk together the egg yolks, 4 tablespoons sugar, 3/4 cup heavy cream and a pinch of salt in a medium 2-quart curved bottom saucepan.
- ☐ Place over medium heat and stir constantly until the mixture is thick, about 3 minutes.
- ☐ Whisk in the chocolate and vanilla. Strain the mixture into a large bowl using a fine mesh sieve and place in the refrigerator until chilled, at least 30 minutes.
- ☐ Beat the remaining 1 cup heavy cream and remaining 2 tablespoons of sugar until stiff peaks form. Gently fold the whipped cream into the chilled chocolate. Divide the mousse evenly among 4 individual serving dishes and cover with plastic wrap.
- ☐ Place in the refrigerator to chill for at least one hour.
- ☐ Serve with shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:16.156087066816%

Nutrients (% of daily need)

Calories: 818.09kcal (40.9%), Fat: 64.3g (98.92%), Saturated Fat: 38.31g (239.43%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 47.28g (17.19%), Sugar: 42.41g (47.12%), Cholesterol: 304.69mg (101.56%), Sodium: 52.19mg

(2.27%), Alcohol: 0.69g (100%), Alcohol %: 0.44% (100%), Caffeine: 49.56mg (16.52%), Protein: 9.21g (18.42%), Manganese: 0.79mg (39.32%), Copper: 0.75mg (37.63%), Vitamin A: 1804.52IU (36.09%), Phosphorus: 277.31mg (27.73%), Magnesium: 110.45mg (27.61%), Selenium: 17.58µg (25.12%), Iron: 4.28mg (23.79%), Vitamin B2: 0.32mg (18.79%), Fiber: 4.64g (18.58%), Vitamin D: 2.58µg (17.23%), Zinc: 2.18mg (14.54%), Potassium: 449.4mg (12.84%), Calcium: 126.94mg (12.69%), Vitamin E: 1.74mg (11.58%), Vitamin B12: 0.6µg (10.05%), Vitamin B5: 0.95mg (9.49%), Folate: 28.99µg (7.25%), Vitamin K: 7.61µg (7.24%), Vitamin B6: 0.12mg (5.81%), Vitamin B1: 0.07mg (4.63%), Vitamin B3: 0.56mg (2.82%)