



Phyllo Cups with Chocolate Mousse and Fresh Fruit

READY IN



45 min.

SERVINGS



6

CALORIES



622 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs separated
- ☐ 8 tablespoons hazelnuts toasted finely chopped ()
- ☐ 1 teaspoon espresso powder instant
- ☐ 2 pears diced ripe peeled
- ☐ 0.5 pint raspberries fresh
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted cut into 1/2-inch pieces ()

- ☐ 0.3 cup water
- ☐ 9 sheets dough fresh frozen thawed halved (each 17x13 inches)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ muffin tray

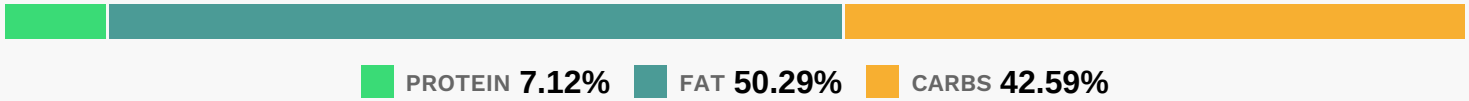
Directions

- ☐ Preheat oven to 375°F. Generously butter every other cup in 12-cup muffin pan.
- ☐ Place 1 phyllo rectangle on work surface; cover remaining phyllo with plastic wrap and damp cloth to prevent drying.
- ☐ Brush rectangle with melted butter; sprinkle with 1/2 tablespoon sugar and 1/2 tablespoon hazelnuts.
- ☐ Place second phyllo rectangle atop first; brush with butter and sprinkle with 1/2 tablespoon sugar and 1/2 tablespoon hazelnuts. Repeat 3 more times; top with 1 more rectangle and brush with butter, making stack of 6 rectangles. Using small sharp knife and 6-inch-diameter plate as guide, cut out two 6-inch round stacks. Press each stack into 1 buttered muffin cup. Repeat procedure 2 more times, making 4 more phyllo cups (6 total).
- ☐ Bake phyllo cups until golden and crisp, about 10 minutes. Immediately lift phyllo cups from pan, twisting carefully to loosen; place on rack. Cool completely. (Can be made 2 days ahead. Store airtight at room temperature.)
- ☐ Whisk egg yolks, 1/4 cup sugar, butter, 1/4 cup water, and espresso powder in large metal bowl to blend. Set bowl over saucepan of simmering water (do not let bowl touch water); whisk

constantly until thermometer inserted into mixture registers 160°F, about 3 minutes.

- ☐ Add chocolate and whisk until melted and smooth. Turn off heat; leave bowl over water.
- ☐ Using electric mixer, beat egg whites in another large bowl to soft peaks. Gradually add remaining 1/4 cup sugar, beating until stiff and glossy.
- ☐ Remove chocolate from over water. Fold 1/3 of beaten whites into warm chocolate mixture to lighten. Fold in remaining whites. Cover and chill until set, at least 3 hours or overnight.
- ☐ Fill phyllo cups with mousse (reserve remaining mousse for another use). Top with raspberries and diced pears and serve.

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:20.46, Inflammation Score:-7, Nutrition Score:20.381304346997%

Flavonoids

Cyanidin: 20.16mg, Cyanidin: 20.16mg, Cyanidin: 20.16mg, Cyanidin: 20.16mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 622.37kcal (31.12%), Fat: 35.53g (54.67%), Saturated Fat: 15.26g (95.4%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 58.45g (21.26%), Sugar: 38.8g (43.11%), Cholesterol: 146.6mg (48.87%), Sodium: 191.52mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 37.74mg (12.58%), Protein: 11.32g (22.65%), Manganese: 1.77mg (88.29%), Copper: 0.84mg (42.12%), Fiber: 9.26g (37.04%), Selenium: 20.72µg (29.6%), Magnesium: 110.2mg (27.55%), Iron: 4.91mg (27.28%), Phosphorus: 245.65mg (24.57%), Vitamin E: 3.23mg (21.53%), Vitamin B1: 0.29mg (19.04%), Vitamin B2: 0.32mg (18.82%), Folate: 68.53µg (17.13%), Vitamin C: 13.72mg (16.63%), Potassium: 508.95mg (14.54%), Zinc: 2.13mg (14.23%), Vitamin K: 11.78µg (11.22%), Vitamin B3: 2.12mg (10.62%),

Vitamin B5: 1mg (10.02%), Vitamin B6: 0.19mg (9.62%), Vitamin A: 465.78IU (9.32%), Calcium: 78.6mg (7.86%),
Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.81µg (5.39%)