



Quick Chocolate-Cinnamon Mousse with Cherries

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



687 kcal

Ingredients

- ☐ 0.3 cup cherry juice
- ☐ 0.3 cup cherry preserves black
- ☐ 8 ounces bing cherries fresh pitted
- ☐ 0.1 teaspoon ground cinnamon generous ()
- ☐ 1.3 cups heavy whipping cream chilled divided
- ☐ 4 ounces bittersweet chocolate chopped

Equipment

- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Combine cherries, cherry preserves, and Port in heavy small saucepan. Bring to boil over high heat. Reduce heat to medium and boil until juices thicken to syrup consistency, stirring frequently, about 10 minutes.
- ☐ Remove from heat.
- ☐ Transfer to small bowl and chill until cold, about 3 hours. DO AHEAD Can be made 1 day ahead. Cover and keep chilled.
- ☐ Combine 1/4 cup cream and cinnamon in small saucepan; bring to boil.
- ☐ Remove from heat.
- ☐ Add chocolate and whisk until melted and smooth.
- ☐ Transfer chocolate mixture to large bowl. Using electric mixer, beat remaining 1 cup cream in medium bowl until soft peaks form. Fold 1/4 of whipped cream into lukewarm chocolate mixture. Fold remaining whipped cream into chocolate mixture in 3 additions just until incorporated. Divide mousse among 4 glasses or bowls. Chill until set, about 4 hours. DO AHEAD Can be made 1 day ahead. Cover; keep chilled.
- ☐ Spoon cherries with syrup atop mousse and serve.

Nutrition Facts



 **PROTEIN 4.63%**  **FAT 48.94%**  **CARBS 46.43%**

Properties

Glycemic Index:15, Glycemic Load:10.57, Inflammation Score:-9, Nutrition Score:11.127391374629%

Nutrients (% of daily need)

Calories: 686.86kcal (34.34%), Fat: 37.73g (58.05%), Saturated Fat: 23.35g (145.97%), Carbohydrates: 80.52g (26.84%), Net Carbohydrates: 72.57g (26.39%), Sugar: 57.64g (64.05%), Cholesterol: 85.74mg (28.58%), Sodium: 42.69mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.04g (16.08%), Vitamin A: 3120.49IU (62.41%), Fiber: 7.95g (31.79%), Manganese: 0.4mg (19.93%), Copper: 0.39mg (19.53%), Iron: 3.05mg (16.93%), Magnesium: 56.27mg (14.07%), Calcium: 125.62mg (12.56%), Phosphorus: 122.27mg (12.23%),

Vitamin B2: 0.18mg (10.31%), Potassium: 287.07mg (8.2%), Vitamin D: 1.19µg (7.93%), Selenium: 5.18µg (7.4%), Zinc: 0.95mg (6.32%), Vitamin E: 0.89mg (5.91%), Vitamin K: 4.44µg (4.23%), Vitamin C: 2.94mg (3.57%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.28mg (2.81%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.9%), Folate: 6.1µg (1.52%), Vitamin B3: 0.3mg (1.48%)