



Raspberry Mousse with Quick Chocolate Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 1 envelope gelatin powder unflavored
- ☐ 1.5 cups heavy cream
- ☐ 2 cups raspberries fresh
- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

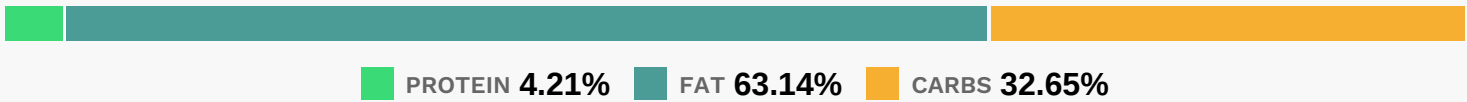
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Make mousse: In a bowl, mix gelatin into 3 Tbsp. cold water.
- ☐ Let stand to dissolve.
- ☐ Combine raspberries and sugar in a medium pot; cook over medium-low heat, stirring, until sugar dissolves and mixture is warm, 5 minutes. Stir in gelatin until blended.
- ☐ Pour into a bowl and set aside to cool.
- ☐ Combine cream and vanilla in a large bowl; whip until cream holds soft peaks. Gently fold in raspberry mixture. Spoon mousse into 6 dessert goblets. Lightly cover with plastic wrap; refrigerate until set, at least 2 hours or up to 2 days.
- ☐ Combine chopped chocolate and 3 Tbsp. water in a microwave-safe bowl; microwave on high until chocolate is melted, 1 minute.
- ☐ Whisk until smooth. Cool slightly and drizzle over mousse before serving.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:12.2, Inflammation Score:-6, Nutrition Score:9.476087000059%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg 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: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate:

0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 457.24kcal (22.86%), Fat: 32.66g (50.24%), Saturated Fat: 19.94g (124.62%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 33.13g (12.05%), Sugar: 30.63g (34.03%), Cholesterol: 68.94mg (22.98%), Sodium: 21.81mg (0.95%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Caffeine: 24.38mg (8.13%), Protein: 4.9g (9.81%), Manganese: 0.65mg (32.38%), Copper: 0.42mg (21.16%), Fiber: 4.87g (19.47%), Vitamin A: 902.02IU (18.04%), Magnesium: 63.2mg (15.8%), Vitamin C: 10.84mg (13.14%), Phosphorus: 120.31mg (12.03%), Iron: 2.15mg (11.94%), Vitamin B2: 0.15mg (8.67%), Potassium: 279.17mg (7.98%), Zinc: 1.07mg (7.11%), Vitamin E: 1.06mg (7.08%), Selenium: 4.81µg (6.87%), Calcium: 67.73mg (6.77%), Vitamin K: 7.07µg (6.73%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.37mg (3.7%), Folate: 11.13µg (2.78%), Vitamin B6: 0.05mg (2.64%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.15µg (2.44%), Vitamin B1: 0.03mg (2.28%)