



Really, Really Easy Chocolate Raspberry Mousse

 Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream 35%
- ☐ 100 gram bar bittersweet chocolate dark
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 cups raspberries frozen divided thawed drained
- ☐ 1 teaspoon vanilla

Equipment

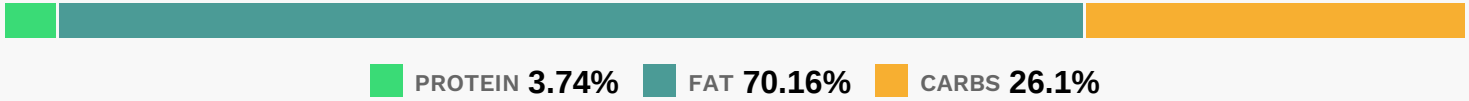
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ In a small heatproof bowl set over a saucepan of simmering water, heat 1/4 cup (50 mL) of the cream, stirring often, until steaming.
- ☐ Remove bowl from pan and stir in chocolate until melted and smooth (return it over the pan of hot water if it doesn't all melt being careful not to overheat it).
- ☐ In a chilled bowl, using an electric mixer, whip remaining cream until soft peaks form. Beat in sugar and vanilla just until stiff peaks form.
- ☐ Fold one-quarter of the whipped cream into chocolate mixture then fold back into the remaining whipped cream. Fold in two-thirds of the raspberries.
- ☐ Spoon into serving dishes and top with remaining raspberries.
- ☐ Serve immediately or refrigerate for up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:3.21, Inflammation Score:-5, Nutrition Score:6.1204347610474%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 264.29kcal (13.21%), Fat: 20.91g (32.17%), Saturated Fat: 12.8g (80.01%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 14.22g (5.17%), Sugar: 12.68g (14.09%), Cholesterol: 45.82mg (15.27%), Sodium: 12.78mg (0.56%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Caffeine: 14.33mg (4.78%), Protein: 2.51g (5.01%), Manganese: 0.42mg (21.2%), Fiber: 3.28g (13.13%), Vitamin A: 601.33IU (12.03%), Copper: 0.24mg (12.01%), Vitamin C: 8.1mg (9.82%), Magnesium: 38.79mg (9.7%), Phosphorus: 75.08mg (7.51%), Iron: 1.3mg (7.24%), Vitamin B2: 0.1mg (5.62%), Potassium: 178.55mg (5.1%), Vitamin E: 0.72mg (4.83%), Vitamin K: 4.81µg (4.58%), Zinc: 0.66mg (4.43%), Calcium: 44.13mg (4.41%), Vitamin D: 0.63µg (4.23%), Selenium: 2.67µg (3.82%), Vitamin B5: 0.25mg (2.5%), Folate: 7.89µg (1.97%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.35mg (1.74%), Vitamin B12: 0.09µg (1.56%), Vitamin B1: 0.02mg (1.53%)