



Rich Chocolate Mousse

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



372 kcal

Ingredients

- ☐ 8 ounces bittersweet chocolate 60% chopped (no more than cacao)
- ☐ 1 tablespoon brandy
- ☐ 3 large eggs separated
- ☐ 1 cup cup heavy whipping cream very cold
- ☐ 0.1 teaspoon salt
- ☐ 0.8 stick butter unsalted cut into 6 pieces

Equipment

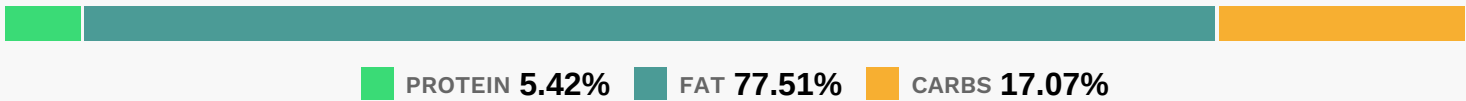
- ☐ bowl
- ☐ sauce pan

- ☐ baking paper
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Melt chocolate and butter in a large metal bowl set over a saucepan of barely simmering water, gently stirring occasionally until smooth.
- ☐ Remove from heat.
- ☐ Meanwhile, beat yolks in a small bowl with an electric mixer until thick enough to form a ribbon that takes a few seconds to dissolve, 2 to 4 minutes.
- ☐ Whisk yolks into chocolate mixture along with Cognac, then cool to warm.
- ☐ Beat cream in a medium bowl with cleaned beaters until it just holds stiff peaks.
- ☐ Beat whites with salt in another bowl with cleaned beaters until they just hold soft peaks.
- ☐ Fold whipped cream and beaten whites into chocolate mixture gently but thoroughly.
- ☐ Transfer to stemmed glasses, 4-ounces ramekins, or a serving dish.
- ☐ •The eggs in this recipe are not cooked. •Mousse can be chilled, its surface covered with parchment paper, up to 2 days.
- ☐ Let stand at room temperature at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.6739129851694%

Nutrients (% of daily need)

Calories: 372.39kcal (18.62%), Fat: 31.98g (49.19%), Saturated Fat: 19.12g (119.48%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 13.58g (4.94%), Sugar: 11.35g (12.61%), Cholesterol: 127.85mg (42.62%), Sodium: 75.01mg (3.26%), Alcohol: 0.63g (100%), Alcohol %: 0.89% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.03g (10.06%), Manganese: 0.38mg (19.1%), Copper: 0.37mg (18.63%), Vitamin A: 817.49IU (16.35%), Magnesium: 54.44mg (13.61%), Phosphorus: 130.71mg (13.07%), Selenium: 9.14µg (13.05%), Iron: 2.15mg (11.96%), Vitamin B2: 0.16mg (9.36%), Fiber:

2.27g (9.07%), Zinc: 1.07mg (7.17%), Vitamin D: 1.01µg (6.73%), Potassium: 217.47mg (6.21%), Vitamin E: 0.88mg (5.89%), Calcium: 50.28mg (5.03%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.46mg (4.6%), Vitamin K: 3.79µg (3.61%), Vitamin B6: 0.05mg (2.61%), Folate: 10.32µg (2.58%), Vitamin B1: 0.02mg (1.54%), Vitamin B3: 0.28mg (1.38%)