



## Silky Chocolate Mousse with Peanut Butter Crunch

READY IN



45 min.

SERVINGS



8

CALORIES



1321 kcal

DESSERT

### Ingredients

- 2.5 cups cornflakes crushed
- 0.5 cup creamy peanut butter
- 9 egg yolk
- 0.8 teaspoon gelatin powder unflavored
- 1.3 cups cup heavy whipping cream
- 2.8 cups cup heavy whipping cream
- 1.5 pounds chocolate chopped
- 2 ounces chocolate chopped

- 0.3 cup roasted peanuts salted chopped
- 0.5 cup roasted peanuts salted chopped
- 0.5 cup sugar
- 3.5 ounces baker's chocolate unsweetened chopped
- 1 tablespoon water
- 3 tablespoons water
- 3 ounces chocolate white chopped

## Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- plastic wrap
- hand mixer
- wax paper
- microwave
- spatula

## Directions

- Make the peanut cream: In a small bowl, sprinkle the gelatin over the water and let stand until softened, about 5 minutes. In a small saucepan, bring the heavy cream to a simmer with the chopped peanuts.
- Let the peanut cream stand off the heat for 15 minutes. Strain the peanut cream into a medium bowl; discard the chopped peanuts. Wipe out the saucepan, add back the cream and bring to a simmer. Off the heat, whisk in the gelatin and chopped white chocolate until melted.
- Transfer to a bowl and refrigerate the peanut cream until it is set, about 2 hours.
- Meanwhile, make the mousse: In a small saucepan, heat the cream until steaming.
- Put the milk chocolate and unsweetened chocolate in a medium bowl and add the hot cream.

- Let stand until melted, then whisk until smooth; let cool. In another small saucepan, combine the sugar and water and bring to a boil, stirring until the sugar is dissolved.
- In a large bowl, using an electric mixer, beat the egg yolks at high speed until smooth. Slowly pour in the hot sugar syrup while beating at high speed; be careful not to pour the syrup directly onto the beaters. Beat until the mixture is cool, pale and thick, about 5 minutes. Using a rubber spatula, fold in the chocolate mixture until no streaks remain. Cover the mousse with plastic wrap and refrigerate until chilled, about 1 1/2 hours.
- Make the crunch: Line a medium baking sheet with wax paper. In a medium, microwave-safe bowl, melt the peanut butter and chocolate at high power at 30-second intervals, stirring until smooth. Stir in the cornflakes and peanuts and spread the crunch on the baking sheet in a 1/2-inch layer. Freeze until firm, about 1 1/2 hours. Chop into small pieces.
- Spoon the mousse into 8 glasses or bowls and top each with a scoop of the peanut cream.
- Sprinkle with the peanut crunch and serve.

## Nutrition Facts

**PROTEIN 5.91%** **FAT 67.1%** **CARBS 26.99%**

### Properties

Glycemic Index:29.91, Glycemic Load:35.06, Inflammation Score:-9, Nutrition Score:30.523478373237%

### Flavonoids

Catechin: 7.98mg, Catechin: 7.98mg, Catechin: 7.98mg, Catechin: 7.98mg Epicatechin: 17.59mg, Epicatechin: 17.59mg, Epicatechin: 17.59mg, Epicatechin: 17.59mg

### Nutrients (% of daily need)

Calories: 1320.94kcal (66.05%), Fat: 105.66g (162.55%), Saturated Fat: 57.12g (357.02%), Carbohydrates: 95.61g (31.87%), Net Carbohydrates: 86.19g (31.34%), Sugar: 72.48g (80.53%), Cholesterol: 358.2mg (119.4%), Sodium: 263.27mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 70.73mg (23.58%), Protein: 20.93g (41.85%), Manganese: 1.56mg (77.98%), Copper: 1.15mg (57.54%), Magnesium: 209.28mg (52.32%), Iron: 8.53mg (47.39%), Phosphorus: 469.9mg (46.99%), Vitamin B2: 0.78mg (45.73%), Vitamin A: 2237.21IU (44.74%), Fiber: 9.43g (37.71%), Vitamin B3: 6.7mg (33.51%), Selenium: 21.68µg (30.98%), Zinc: 4.19mg (27.91%), Folate: 103.87µg (25.97%), Vitamin E: 3.51mg (23.41%), Vitamin D: 3.35µg (22.35%), Potassium: 750.19mg (21.43%), Vitamin B6: 0.43mg (21.28%), Vitamin B1: 0.29mg (19.09%), Calcium: 184.68mg (18.47%), Vitamin B12: 1.09µg (18.1%), Vitamin B5: 1.45mg (14.48%), Vitamin K: 12.05µg (11.48%), Vitamin C: 2.62mg (3.18%)