

The Best Ever Chocolate Mousse Ever

 **Gluten Free**

READY IN



180 min.

SERVINGS



4

CALORIES



663 kcal

Ingredients

- 9 ounces bittersweet chocolate chopped
- 4 eggs separated
- 0.5 pint cup heavy whipping cream
- 0.8 cup marshmallows miniature
- 1 dash peppermint extract

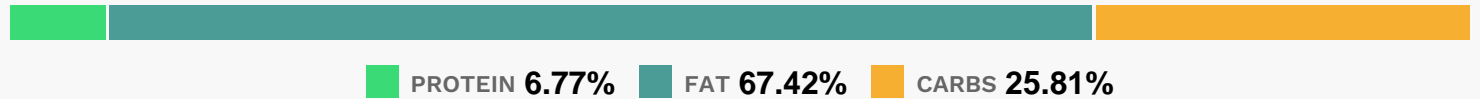
Equipment

- bowl
- microwave

Directions

- In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth. Stir marshmallows into hot chocolate until melted. Set aside.
- Whip egg whites until stiff peaks form. Whip cream until soft peaks form. Stir egg yolks into slightly cooled chocolate mixture. Fold in egg whites and whipped cream. Stir in peppermint extract. Chill 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:4.61, Inflammation Score:-7, Nutrition Score:16.133478151715%

Nutrients (% of daily need)

Calories: 663.23kcal (33.16%), Fat: 49.99g (76.91%), Saturated Fat: 29.04g (181.49%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 37.95g (13.8%), Sugar: 30.71g (34.12%), Cholesterol: 234.34mg (78.11%), Sodium: 92.33mg (4.01%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Caffeine: 54.86mg (18.29%), Protein: 11.3g (22.59%), Manganese: 0.86mg (42.94%), Copper: 0.84mg (42.17%), Magnesium: 121.87mg (30.47%), Selenium: 20.8µg (29.71%), Phosphorus: 288.02mg (28.8%), Iron: 4.88mg (27.12%), Vitamin A: 1138.95IU (22.78%), Fiber: 5.11g (20.45%), Vitamin B2: 0.34mg (20.21%), Zinc: 2.4mg (16.02%), Potassium: 479.08mg (13.69%), Vitamin D: 1.83µg (12.18%), Calcium: 103.51mg (10.35%), Vitamin B5: 1.02mg (10.17%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 1.38mg (9.22%), Vitamin K: 6.62µg (6.3%), Vitamin B6: 0.12mg (5.87%), Folate: 23.14µg (5.78%), Vitamin B1: 0.05mg (3.33%), Vitamin B3: 0.61mg (3.06%)