



The Easiest Chocolate Mousse Ever

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



415 kcal

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 2 eggs (the freshest possible)
- ☐ 2 tablespoons espresso grounds brewed
- ☐ 1 cup milk (any fat content)
- ☐ 6 ounces bittersweet chocolate chopped for shavings (such as Valrhona)

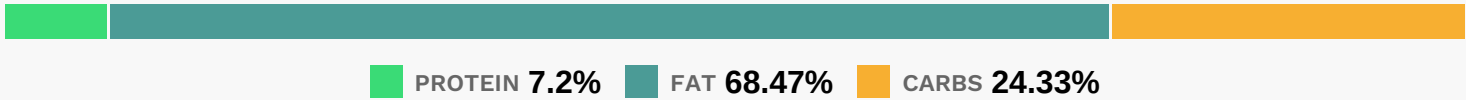
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place the chocolate in a blender.
- ☐ Heat the milk, espresso, and butter in a small pot until the milk is scalded, about 3 minutes.
- ☐ Pour the milk mixture into the blender and blend until the chocolate is dissolved and the mixture is smooth.
- ☐ Add the eggs and blend until no lumps remain.
- ☐ Pour into cups and chill until set, about 1 1/2 hours.
- ☐ Garnish with the chocolate shavings, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:11.001739149508%

Nutrients (% of daily need)

Calories: 414.84kcal (20.74%), Fat: 31.69g (48.76%), Saturated Fat: 18.39g (114.93%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 21.94g (7.98%), Sugar: 18.63g (20.71%), Cholesterol: 121.81mg (40.6%), Sodium: 148.97mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 40.81mg (13.6%), Protein: 7.5g (14.99%), Manganese: 0.57mg (28.65%), Copper: 0.55mg (27.41%), Phosphorus: 219.23mg (21.92%), Magnesium: 86.68mg (21.67%), Iron: 3.08mg (17.1%), Selenium: 11.63µg (16.61%), Fiber: 3.4g (13.61%), Vitamin B2: 0.21mg (12.58%), Vitamin A: 588.74IU (11.77%), Calcium: 117.12mg (11.71%), Zinc: 1.67mg (11.16%), Potassium: 368.63mg (10.53%), Vitamin B12: 0.63µg (10.43%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.71mg (7.08%), Vitamin E: 0.84mg (5.58%), Vitamin B6: 0.09mg (4.48%), Vitamin K: 4.29µg (4.09%), Vitamin B1: 0.06mg (3.82%), Vitamin B3: 0.55mg (2.73%), Folate: 10.78µg (2.7%)