



The ultimate makeover: Chocolate mousse



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 85 g chocolate dark green 70% (I used & Black's)
- ☐ 1 tbsp cocoa powder for dusting
- ☐ 0.5 tsp coffee
- ☐ 0.5 tsp vanilla extract
- ☐ 2 egg whites
- ☐ 1 tbsp brown sugar
- ☐ 50 g greek yogurt
- ☐ 1 handful raspberries

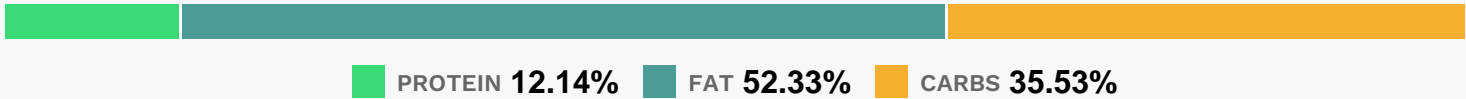
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Chop the chocolate very finely and put it into a large bowl that will fit over a pan of simmering water.
- ☐ Mix the cocoa, coffee and vanilla with 2 tbsp cold water, and pour over the chocolate.
- ☐ Place the bowl over the gently simmering water, give it all a stir, then remove from the heat. Leave with the bowl of chocolate still over the water, stirring occasionally to check when melted.
- ☐ Stir the melted chocolate, it will be quite thick. Stir in 2 tbsp boiling water and the chocolate will immediately thin down and become silky smooth. Leave to cool slightly.
- ☐ Whisk the egg whites to fairly soft peaks, then whisk in the sugar until thick and glossy. Beat the yogurt into the cooled chocolate. Fold about one-third of the egg whites into the chocolate mix using a large metal spoon, then very gently fold in the rest of the whites until they are evenly mixed in being careful not to over-mix or you will lose the volume of the mousse. Spoon into 4 small cups or (125–150ml) ramekins and chill for a couple of hours, or overnight.
- ☐ Place each mousse on a saucer or small plate. Top with a few raspberries, then dust with a little cocoa powder. Will keep for up to 2 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:6.0321739270635%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 159.06kcal (7.95%), Fat: 9.32g (14.34%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 11.4g (4.15%), Sugar: 8.62g (9.58%), Cholesterol: 1.26mg (0.42%), Sodium: 34.87mg (1.52%), Alcohol: 0.18g (100%), Alcohol %: 0.42% (100%), Caffeine: 24.03mg (8.01%), Protein: 4.86g (9.73%), Manganese: 0.48mg (23.77%), Copper: 0.43mg (21.71%), Iron: 2.77mg (15.37%), Magnesium: 59.01mg (14.75%), Fiber: 2.83g (11.33%), Phosphorus: 95.21mg (9.52%), Selenium: 5.93µg (8.47%), Vitamin B2: 0.12mg (7.15%), Potassium: 224.1mg (6.4%), Zinc: 0.87mg (5.79%), Calcium: 34.95mg (3.5%), Vitamin B12: 0.16µg (2.67%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.61µg (1.53%)