



Tiramisu Chocolate Mousse



Vegetarian



Gluten Free



Popular

READY IN



165 min.

SERVINGS



4

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 3.5 ounces chocolate dark
- ☐ 2 egg yolks
- ☐ 2 tablespoons espresso grounds brewed
- ☐ 0.8 cup heavy cream
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1 tablespoon butter unsalted
- ☐ 4 teaspoons sugar white

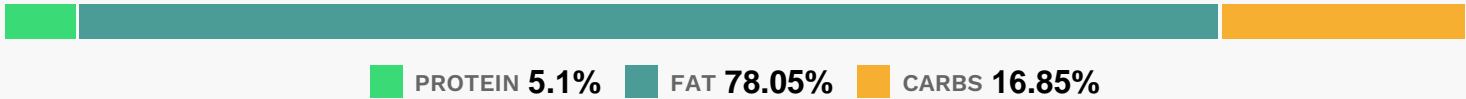
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler

Directions

- ☐ Combine espresso and butter in the top of a double boiler over simmering water.
- ☐ Place dark chocolate pieces in the espresso mixture; cook without stirring until chocolate starts to melt, about 3 minutes.
- ☐ Whisk chocolate and espresso mixture until well combined.
- ☐ Remove from heat and set aside.
- ☐ Combine Marsala, egg yolks, and sugar in a saucepan over medium-low heat, whisking constantly until frothy and thickened, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Stir mascarpone cheese into marsala mixture.
- ☐ Combine chocolate mixture with mascarpone mixture. Cool to room temperature.
- ☐ Whip heavy cream in a bowl until soft peaks form, 2 to 3 minutes.
- ☐ Fold half of whipped cream into cooled chocolate mixture.
- ☐ Fold second half of whipped cream into chocolate mixture. Cover with plastic wrap and chill in refrigerator for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:4.79, Inflammation Score:-6, Nutrition Score:8.9591304569141%

Nutrients (% of daily need)

Calories: 403.47kcal (20.17%), Fat: 35.3g (54.31%), Saturated Fat: 21.1g (131.86%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 14.44g (5.25%), Sugar: 11.3g (12.55%), Cholesterol: 163.4mg (54.47%), Sodium: 26.16mg (1.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.08mg (8.03%), Protein: 5.19g (10.38%), Manganese: 0.49mg (24.5%), Copper: 0.45mg (22.59%), Vitamin A: 987.91IU (19.76%), Iron: 3.25mg (18.04%), Magnesium: 61.8mg (15.45%), Phosphorus: 138.36mg (13.84%), Selenium: 8.12µg (11.61%), Fiber: 2.7g (10.82%), Vitamin B2: 0.16mg (9.19%), Vitamin D: 1.25µg (8.35%), Zinc: 1.14mg (7.6%), Calcium: 70.59mg (7.06%), Potassium: 232.79mg (6.65%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.32µg (5.37%), Vitamin B5: 0.49mg (4.91%), Folate: 15.05µg (3.76%), Vitamin K: 3.55µg (3.38%), Vitamin B6: 0.06mg (2.83%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.4mg (1.99%)