



White choc & cardamom mousses

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



542 kcal

DESSERT

Ingredients

- ☐ 300 ml pot double cream
- ☐ 10 cardamom pods
- ☐ 200 g bar chocolate white

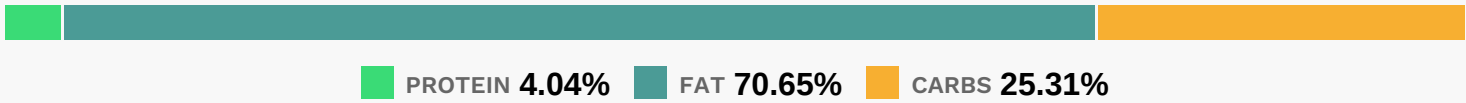
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring the cream just to the boil with the cardamom pods, then set aside to infuse for 15 mins.
- ☐ Keep one square of chocolate aside and melt the rest gently in a large bowl over a pan of barely simmering water. Strain in the cream, then beat with an electric whisk for a couple of mins to thicken slightly.
- ☐ Pour into pots, cover and chill for 4 hrs, or up to 2 days, until cold and set. Very finely grate over the reserved square of white chocolate to serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:20.75, Inflammation Score:-6, Nutrition Score:9.9134781101476%

Nutrients (% of daily need)

Calories: 541.57kcal (27.08%), Fat: 43.62g (67.11%), Saturated Fat: 27.09g (169.29%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 33.67g (12.24%), Sugar: 31.7g (35.23%), Cholesterol: 95.76mg (31.92%), Sodium: 66.27mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Manganese: 1.4mg (70.24%), Vitamin A: 1124.08IU (22.48%), Vitamin B2: 0.29mg (17.17%), Calcium: 168.45mg (16.84%), Phosphorus: 140.66mg (14.07%), Vitamin D: 1.21µg (8.05%), Vitamin E: 1.17mg (7.83%), Potassium: 270.63mg (7.73%), Vitamin B12: 0.4µg (6.68%), Vitamin K: 6.96µg (6.63%), Selenium: 4.51µg (6.45%), Zinc: 0.92mg (6.16%), Fiber: 1.5g (6%), Magnesium: 22.73mg (5.68%), Iron: 0.89mg (4.97%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.06mg (3.77%), Vitamin B6: 0.07mg (3.3%), Copper: 0.06mg (2.87%), Vitamin B3: 0.48mg (2.38%), Vitamin C: 1.75mg (2.12%), Folate: 6.52µg (1.63%)