



White Chocolate Mousse



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 12 blackberries fresh for garnish
- ☐ 2 egg yolks
- ☐ 0.3 cup heavy cream
- ☐ 4 servings mint sprigs for garnish, optional
- ☐ 2 tablespoons sugar
- ☐ 7 ounces chocolate white chopped

Equipment

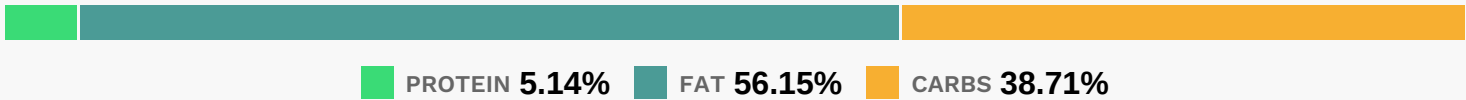
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ In a large glass bowl, place the chopped white chocolate and set aside.
- ☐ Add the egg yolks and sugar to a small bowl and whisk until pale in color.
- ☐ In a saucepan, over low heat, bring 1/4 cup of the cream to a simmer, and slowly add the cream into the yolk and sugar mixture to temper.
- ☐ Pour the creamy mixture back into pan and stir with a wooden spoon until it coats the back of it.
- ☐ Pour hot mix into a fine mesh sieve placed directly over bowl with the chopped chocolate. Stir until completely smooth.
- ☐ In another bowl, whip remaining 1 cup of the cream to almost stiff peaks. Fold half the whipped cream into the white chocolate mix to lighten and then fold in the remaining whipped cream.
- ☐ Spoon the white chocolate mousse into 4 serving cups and refrigerate until set, approximately 1 hour.
- ☐ Garnish each serving with 3 blackberries and a sprig of mint, if using.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:24.74, Inflammation Score:-2, Nutrition Score:5.5539129920628%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.01mg,

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 373.34kcal (18.67%), Fat: 23.74g (36.52%), Saturated Fat: 13.91g (86.93%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 36.32g (13.21%), Sugar: 36.04g (40.04%), Cholesterol: 124.43mg (41.48%), Sodium: 53.42mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Phosphorus: 133.09mg (13.31%), Vitamin B2: 0.22mg (12.99%), Calcium: 124.38mg (12.44%), Selenium: 7.78µg (11.11%), Vitamin A: 418.65IU (8.37%), Vitamin B12: 0.48µg (7.95%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.92mg (6.1%), Vitamin K: 6.24µg (5.94%), Potassium: 181.36mg (5.18%), Folate: 19.85µg (4.96%), Vitamin D: 0.72µg (4.83%), Zinc: 0.65mg (4.36%), Vitamin B1: 0.05mg (3.47%), Vitamin B6: 0.07mg (3.38%), Manganese: 0.06mg (2.99%), Iron: 0.47mg (2.61%), Copper: 0.05mg (2.6%), Magnesium: 9.44mg (2.36%), Vitamin C: 1.92mg (2.32%), Vitamin B3: 0.44mg (2.19%), Fiber: 0.5g (1.99%)