



White Chocolate Mousse

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



467 kcal

DESSERT

Ingredients

- 4 egg yolk
- 0.3 cup sugar
- 1 cup whipping cream (heavy)
- 1 cup peppermint candies white
- 1.5 cups whipping cream (heavy)
- 1 serving chocolate curls

Equipment

- bowl

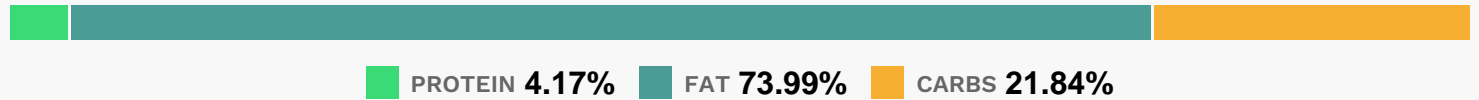
sauce pan

hand mixer

Directions

- Beat egg yolks in small bowl with electric mixer on high speed about 3 minutes or until thick and lemon colored. Gradually beat in sugar.
- Heat 1 cup whipping cream in 2-quart saucepan over medium heat just until hot. Gradually stir at least half of the cream into egg yolk mixture, then stir back into hot cream in saucepan. Cook over low heat about 5 minutes, stirring constantly, until mixture thickens (do not boil).
- Stir in baking chips until melted. Cover and refrigerate about 2 hours, stirring occasionally, just until chilled.
- Beat 1 1/2 cups whipping cream in chilled medium bowl with electric mixer on high speed until stiff. Fold refrigerated mixture into whipped cream. Spoon mixture into parfait or wine glasses.
- Garnish with chocolate curls. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:4.9030434868258%

Nutrients (% of daily need)

Calories: 467.23kcal (23.36%), Fat: 39.53g (60.81%), Saturated Fat: 26.76g (167.22%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 26.24g (9.54%), Sugar: 25.3g (28.11%), Cholesterol: 181.25mg (60.42%), Sodium: 42.81mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin A: 1223.16IU (24.46%), Vitamin D: 1.68µg (11.17%), Vitamin B2: 0.19mg (11.09%), Calcium: 105.2mg (10.52%), Selenium: 7.32µg (10.46%), Phosphorus: 78.56mg (7.86%), Vitamin E: 0.92mg (6.11%), Vitamin B12: 0.29µg (4.91%), Vitamin B5: 0.46mg (4.59%), Folate: 16.11µg (4.03%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.39mg (2.6%), Vitamin K: 2.45µg (2.34%), Potassium: 81.3mg (2.32%), Vitamin B1: 0.03mg (2.05%), Iron: 0.33mg (1.84%), Magnesium: 5.88mg (1.47%)