



White Chocolate-Peppermint Mousse

 Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cup heavy whipping cream divided
- ☐ 8 servings peppermint candies crushed
- ☐ 0.3 teaspoon peppermint extract
- ☐ 12 ounces chocolate white chopped

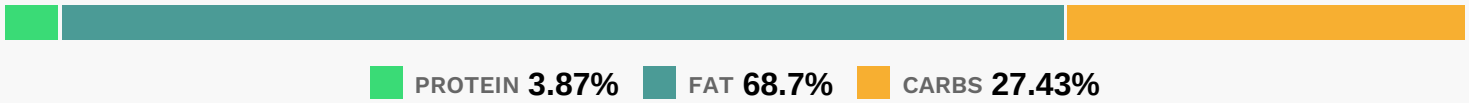
Equipment

- ☐ sauce pan

Directions

- ☐ Heat 3/4 cup cream in a heavy saucepan over medium heat until hot but not boiling.
- ☐ Remove from heat, and add chocolate, stirring until melted. Stir in peppermint extract; cool completely.
- ☐ Beat remaining 3/4 cup cream until firm peaks form. Fold chocolate mixture gently into whipped cream mixture. Spoon mousse into 8 (3-ounce) cups or glasses; garnish, if desired. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:17.56, Inflammation Score:-4, Nutrition Score:4.1786956754716%

Nutrients (% of daily need)

Calories: 386.72kcal (19.34%), Fat: 30.11g (46.32%), Saturated Fat: 18.81g (117.56%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 26.97g (9.81%), Sugar: 26.98g (29.97%), Cholesterol: 59.36mg (19.79%), Sodium: 50.95mg (2.22%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.81g (7.63%), Vitamin A: 668.74IU (13.37%), Vitamin B2: 0.2mg (12%), Calcium: 115.59mg (11.56%), Phosphorus: 100.73mg (10.07%), Vitamin E: 0.82mg (5.46%), Vitamin B12: 0.31µg (5.16%), Vitamin K: 5.3µg (5.05%), Vitamin D: 0.71µg (4.76%), Potassium: 164.2mg (4.69%), Selenium: 3.25µg (4.65%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.42mg (2.81%), Vitamin B1: 0.04mg (2.38%), Magnesium: 8.24mg (2.06%), Vitamin B6: 0.04mg (1.97%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.53%), Folate: 4.76µg (1.19%)