



Wicked Hot Chocolate Mousse

 Gluten Free

READY IN



205 min.

SERVINGS



6

CALORIES



704 kcal

DESSERT

Ingredients

- ☐ 6 servings cocoa powder
- ☐ 3 tablespoons rum / brandy / coffee liqueur
- ☐ 4 large eggs separated
- ☐ 0.3 cup granulated sugar
- ☐ 6 servings ground pepper
- ☐ 1 cup heavy cream
- ☐ 2 cups olive oil
- ☐ 4 teaspoons pepper flakes dried red crushed

- ☐ 7 ounces bittersweet chocolate unsweetened chopped not
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted cut into 1/2-inch pieces
- ☐ 0.3 cup water

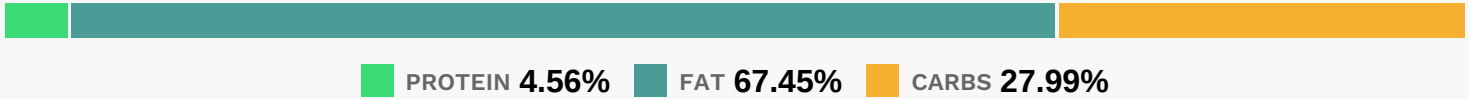
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Whisk the egg yolks, 1/4 cup of sugar, butter, 1/4 cup of water, coffee liqueur, and chili oil in a large metal bowl to blend. Set the bowl over a saucepan of simmering water (do not allow the bottom of the bowl to touch the water); whisk constantly until the mixture is very thick and frothy, about 3 minutes.
- ☐ Add the chocolate and stir until melted and smooth.
- ☐ Remove from the heat.
- ☐ Using an electric mixer, beat the egg whites in another large bowl to soft peaks. Gradually add the remaining 1/4 cup of sugar, beating until stiff and glossy peaks form.
- ☐ Remove the chocolate from over the water. Fold 1/3 of the meringue into the warm chocolate mixture to lighten, then fold in the remaining meringue.
- ☐ Cover tightly with plastic wrap and refrigerate until set, at least 3 hours or overnight. Spoon the mousse into 6-ounce bowls. Top with spicy whipped cream and serve.
- ☐ Combine the oil and crushed red pepper flakes in a heavy small saucepan. Cook over low heat until a thermometer inserted into the oil registers 180 degrees F, about 5 minutes.
- ☐ Remove from heat. Cool to room temperature, about 2 hours.
- ☐ Transfer the oil and pepper flakes to a 4-ounce bottle. Seal the lid. Refrigerate up to 1 month.

Nutrition Facts



Properties

Glycemic Index:28.7, Glycemic Load:17.64, Inflammation Score:-9, Nutrition Score:14.21826085837%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 703.52kcal (35.18%), Fat: 53.01g (81.55%), Saturated Fat: 24.49g (153.03%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 45.47g (16.53%), Sugar: 42.21g (46.9%), Cholesterol: 191.14mg (63.71%), Sodium: 86.7mg (3.77%), Alcohol: 1.63g (100%), Alcohol %: 0.88% (100%), Caffeine: 30.74mg (10.25%), Protein: 8.05g (16.11%), Vitamin A: 2243.53IU (44.87%), Vitamin E: 4.31mg (28.73%), Manganese: 0.55mg (27.52%), Copper: 0.5mg (25.23%), Selenium: 15.04µg (21.48%), Phosphorus: 194.47mg (19.45%), Magnesium: 75.29mg (18.82%), Iron: 3.33mg (18.52%), Vitamin B2: 0.28mg (16.73%), Fiber: 4.02g (16.1%), Vitamin K: 16.12µg (15.35%), Zinc: 1.59mg (10.59%), Potassium: 355.61mg (10.16%), Vitamin D: 1.44µg (9.62%), Vitamin B6: 0.16mg (8.01%), Calcium: 76.95mg (7.7%), Vitamin B5: 0.74mg (7.36%), Vitamin B12: 0.44µg (7.26%), Folate: 20.35µg (5.09%), Vitamin B3: 0.68mg (3.41%), Vitamin B1: 0.04mg (2.87%), Vitamin C: 1.78mg (2.15%)