

Chocolate Mousse II

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

1 envelope unflavored gelatin
1/4 cup water
3 egg whites
1/3 cup sugar
1 drop red food coloring (optional)
4 ounces semisweet chocolate
2 cups whipped cream

In a small bowl, dissolve the gelatin in water. Set aside.

In a double-boiler, warm the egg whites and sugar until the sugar has fully dissolved.

In a mixer bowl, beat the egg whites until peaks form. Add the dissolved gelatin and food coloring.

In a saucepan, over low heat, melt the chocolate. Fold into the egg white mixture. With a spatula, gently fold in half of the whipped cream. Pour into dessert cups. Refrigerate for 20 minutes.

Decorate each cup with a swirl of whipped cream. Sprinkle with cocoa or chocolate shavings, if desired.

Variations: Decorate with strawberries, cherries, raspberries or bananas dipped in icing sugar or cocoa.

Per Serving (excluding unknown items): 332 Calories; 20g Fat (52.4% calories from fat); 4g Protein; 37g Carbohydrate; 0g Dietary Fiber; 55mg Cholesterol; 81mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	332	Vitamin B6 (mg):	trace
% Calories from Fat:	52.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	42.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	20g	Folacin (mcg):	3mcg

Saturated Fat (g): 12g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 55mg
Carbohydrate (g): 37g
Dietary Fiber (g): 0g
Protein (g): 4g
Sodium (mg): 81mg
Potassium (mg): 124mg
Calcium (mg): 34mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 590IU
Vitamin A (r.e.): 168 1/2RE

Niacin (mg): trace
Caffeine (mg): 12mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 332 **Calories from Fat:** 174

% Daily Values*

Total Fat	20g	31%
	Saturated Fat 12g	62%
Cholesterol	55mg	18%
Sodium	81mg	3%
Total Carbohydrates	37g	12%
	Dietary Fiber 0g	0%
Protein	4g	
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Vitamin A		12%
Vitamin C		0%
Calcium		3%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.