

Ricotta Mousse with Chocolate Swirl

Dash Magazine - March 2014

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Servings: 4

*1 1/2 cups heavy cream, divided
3 ounces dark chocolate, chopped
1 cup ricotta cheese
1/2 cup confectioner's sugar
zest of 1/2 orange, finely grated
1/2 teaspoon vanilla extract
unsalted pistachios OR almonds (for
topping), chopped
crisp wafer cookies (for serving)*

Preparation Time: 20 minutes

Warm one-third cup of cream in a saucepan over low heat until hot but not boiling. Remove from the heat. Stir in the chocolate and let melt, about 3 minutes. Stir until smooth. Let cool.

Meanwhile, in a large bowl, combine the ricotta, confectioner's sugar, orange zest and vanilla. Beat with an electric mixer on medium speed until smooth, about 1 minute.

Pour the remaining one cup of cream into another bowl and beat on medium-high speed until stiff peaks form, about 2 minutes. Fold one-third of the whipped cream into the ricotta mixture with a rubber spatula until combined and uniform. Gently fold in the remaining whipped cream.

Spread half the ricotta mousse into a pie plate or loaf pan. Drizzle with half the chocolate sauce. Repeat with the remaining mousse and chocolate sauce.

Chill, uncovered, for 30 minutes or up to overnight.

Spoon the mousse into cups or bowls and sprinkle with chopped nuts.

Serve with cookies on the side.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 576 Calories; 47g Fat (71.6% calories from fat); 10g Protein; 33g Carbohydrate; 1g Dietary Fiber; 153mg Cholesterol; 88mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 9 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	576
% Calories from Fat:	71.6%
% Calories from Carbohydrates:	21.8%
% Calories from Protein:	6.5%
Total Fat (g):	47g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	153mg
Carbohydrate (g):	33g
Dietary Fiber (g):	1g
Protein (g):	10g
Sodium (mg):	88mg
Potassium (mg):	204mg
Calcium (mg):	189mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1618IU
Vitamin A (r.e.):	467RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	16mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	9
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	576	Calories from Fat: 412
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% Daily Values*

Total Fat	47g	73%
Saturated Fat	26g	128%
Cholesterol	153mg	51%
Sodium	88mg	4%
Total Carbohydrates	33g	11%
Dietary Fiber	1g	5%
Protein	10g	
Vitamin A		32%
Vitamin C		1%
Calcium		19%
Iron		4%

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