



Avocado and Cilantro Mousse

READY IN



158 min.

SERVINGS



8

CALORIES



249 kcal

Ingredients

- ☐ 1 avocado
- ☐ 0.5 baguette thinly sliced
- ☐ 8 ounce cream cheese at room temperature
- ☐ 1.5 bunches cilantro leaves fresh leaves picked washed and dried, off and reserved 2 1/4 cups loosely packed
- ☐ 0.5 ounce gelatin powder unflavored recommended: Knox
- ☐ 3 green onions thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 serrano chile stemmed deveined seeded roughly chopped
- ☐ 1 cup water cold divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ grill
- ☐ grill pan
- ☐ pastry brush

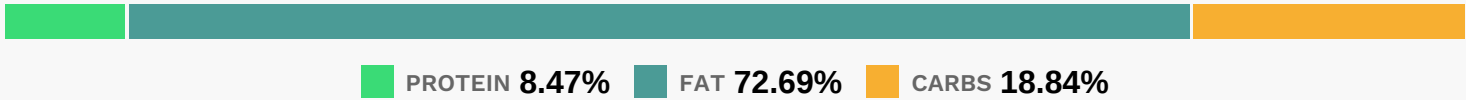
Directions

- ☐ Spray 3 (1 cup) or 6 (1/2 cup) ramekins with vegetable oil cooking spray.
- ☐ Place the cilantro, green onions, cream cheese, salt, lime juice, and chile in a food processor and puree until smooth.
- ☐ Pour 1/4 cup water in a small bowl.
- ☐ Sprinkle the gelatin over the water and let it sit for a few minutes.
- ☐ Place the remaining 3/4 cup water in a small saucepan and bring to a boil.
- ☐ Pour the boiling water over the softened gelatin and whisk until the gelatin has dissolved.
- ☐ Add the gelatin to the mixture in the food processor, pulsing until pureed and thoroughly blended.
- ☐ Pour the mixture into the prepared ramekins. Cover with plastic wrap and refrigerate until firm, about 2 hours. To unmold, fill a large container with very hot water. Dip the ramekins in the water for 1 minute. Run a small, sharp knife tip around the edge of each mousse. Unmold

onto a platter.

- ☐ Let stand at room temperature for 20 minutes before serving.
- ☐ Serve with Crostini.
- ☐ Preheat a grill pan or charcoal grill. Using a pastry brush, brush the baguette slices with olive oil.
- ☐ Sprinkle with oregano and season with salt and pepper. Grill until golden, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:5.85, Inflammation Score:-6, Nutrition Score:7.164347793745%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 248.9kcal (12.45%), Fat: 20.66g (31.78%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 9.72g (3.53%), Sugar: 2.15g (2.39%), Cholesterol: 28.63mg (9.54%), Sodium: 484.72mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin K: 26.19µg (24.94%), Vitamin E: 1.9mg (12.66%), Vitamin A: 576.27IU (11.53%), Folate: 44.93µg (11.23%), Vitamin B2: 0.16mg (9.44%), Fiber: 2.34g (9.35%), Selenium: 5.99µg (8.55%), Vitamin B1: 0.12mg (7.98%), Manganese: 0.15mg (7.72%), Copper: 0.13mg (6.32%), Phosphorus: 62.41mg (6.24%), Vitamin B3: 1.24mg (6.21%), Potassium: 208.26mg (5.95%), Vitamin B5: 0.59mg (5.91%), Calcium: 58.06mg (5.81%), Vitamin C: 4.67mg (5.66%), Vitamin B6: 0.11mg (5.46%), Iron: 0.97mg (5.4%), Magnesium: 17.04mg (4.26%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.06µg (1.04%)