



Avocado Sour Cream Mousse

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

Ingredients

- ☐ 2 avocado pitted peeled quartered (1 pound total)
- ☐ 12 servings round buttery crackers
- ☐ 2.3 teaspoons gelatin powder unflavored (from a)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon onion grated
- ☐ 1 teaspoon salt
- ☐ 1.5 cups cream sour
- ☐ 0.5 cup water cold
- ☐ 0.3 teaspoon pepper white

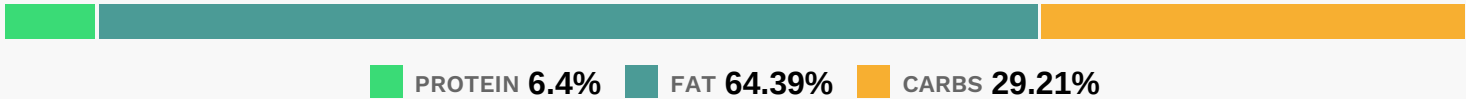
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Sprinkle gelatin over cold water in a small heavy saucepan and let soften 1 minute. Cook over low heat, 1 to 2 minutes, then remove from heat.
- ☐ Coarsely mash avocados with a fork in a large bowl. Stir in gelatin mixture along with remaining ingredients until combined well.
- ☐ Pour mixture into lightly oiled mold and chill, covered tightly with plastic wrap, until firm, at least 4 hours.
- ☐ Run tip of a thin knife between mold and mousse. Tilt mold sideways and tap side of mold against a work surface, turning it, to evenly break seal and loosen mousse. Keeping mold tilted, invert a plate over mold, then invert mousse onto plate.
- ☐ Mousse can be chilled in mold up to 1 day. Unmold just before serving.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:5.9473913648854%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.33kcal (9.62%), Fat: 14.22g (21.88%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 14.52g (4.84%),
Net Carbohydrates: 11.89g (4.32%), Sugar: 2.55g (2.84%), Cholesterol: 16.96mg (5.65%), Sodium: 348.15mg (15.14%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin K: 15.47µg (14.73%), Fiber: 2.63g (10.52%),
Folate: 41µg (10.25%), Vitamin E: 1.36mg (9.09%), Phosphorus: 83.49mg (8.35%), Vitamin B2: 0.14mg (8.02%),
Manganese: 0.14mg (7.03%), Vitamin B3: 1.39mg (6.96%), Vitamin B1: 0.1mg (6.64%), Potassium: 219.7mg (6.28%),
Vitamin B5: 0.62mg (6.25%), Calcium: 58.77mg (5.88%), Vitamin B6: 0.11mg (5.43%), Copper: 0.11mg (5.37%),
Vitamin C: 4.35mg (5.27%), Iron: 0.94mg (5.21%), Vitamin A: 228.14IU (4.56%), Magnesium: 16.06mg (4.01%),
Selenium: 2.23µg (3.19%), Zinc: 0.41mg (2.74%), Vitamin B12: 0.06µg (1.01%)