



Banana-Avocado Mousse with Caramelized Red Onion Puree



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



2

CALORIES



1464 kcal

DESSERT

Ingredients

- ☐ 4 avocados very ripe
- ☐ 4 bananas ripe
- ☐ 0.5 cup crème fraîche
- ☐ 0.3 cup honey
- ☐ 4 teaspoons kosher salt
- ☐ 3 lemon zest juiced
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup port wine
- ☐ 2 medium onions diced red
- ☐ 1 cup red wine recommended: cabernet or zinfandel

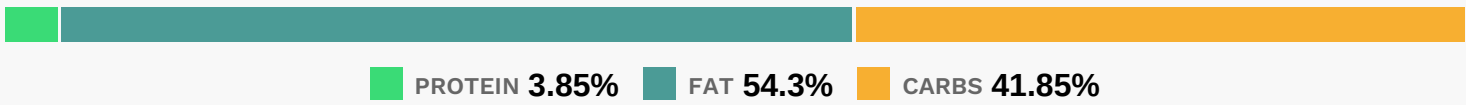
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ In a large bowl, roughly mash the bananas, avocados, lemon zest, lemon juice, honey, creme fraiche, and 2 teaspoons salt with a fork.
- ☐ Transfer the mixture to a food processor or blender. Puree the mixture until really smooth.
- ☐ Place the mousse in a clean bowl and put in the freezer for at least 1 hour before serving.
- ☐ Heat the oil in a large saucepan until just smoking, then add the onions and cook until theyre deep brown. Stir constantly so the onions dont burn. When the onions are browned, add the red wine, port wine, and remaining 2 teaspoons salt, and simmer to reduce until the onions have absorbed all the wine.
- ☐ Remove the pan from the heat and transfer to a food processor or blender. Allow to cool for 1 minute. Puree the onions and run through a fine sieve and let cool.
- ☐ To serve: In a martini glass, place a scoop of the mousse and top with the red onion puree. Enjoy as an appetizer or funky dessert.

Nutrition Facts



Properties

Glycemic Index:99.78, Glycemic Load:49.56, Inflammation Score:-10, Nutrition Score:49.139565581861%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 20.31mg, Catechin: 20.31mg, Catechin: 20.31mg, Catechin: 20.31mg Epicatechin: 6.07mg, Epicatechin: 6.07mg, Epicatechin: 6.07mg, Epicatechin: 6.07mg Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.65mg, Quercetin: 23.65mg, Quercetin: 23.65mg, Quercetin: 23.65mg

Nutrients (% of daily need)

Calories: 1463.94kcal (73.2%), Fat: 85.14g (130.99%), Saturated Fat: 16.61g (103.83%), Carbohydrates: 147.69g (49.23%), Net Carbohydrates: 112.62g (40.95%), Sugar: 77.57g (86.18%), Cholesterol: 33.92mg (11.31%), Sodium: 4711.09mg (204.83%), Alcohol: 22.28g (100%), Alcohol %: 2.68% (100%), Protein: 13.57g (27.14%), Fiber: 35.07g (140.27%), Vitamin B6: 2.07mg (103.31%), Folate: 398.18µg (99.55%), Vitamin K: 95.33µg (90.79%), Potassium: 3107.46mg (88.78%), Vitamin C: 70.4mg (85.33%), Manganese: 1.47mg (73.7%), Vitamin E: 10.82mg (72.11%), Vitamin B5: 6.75mg (67.51%), Copper: 1.05mg (52.38%), Magnesium: 203.54mg (50.88%), Vitamin B2: 0.85mg (49.9%), Vitamin B3: 8.93mg (44.63%), Phosphorus: 343.89mg (34.39%), Vitamin B1: 0.42mg (27.73%), Zinc: 3.45mg (23.01%), Vitamin A: 1098.71IU (21.97%), Iron: 3.54mg (19.69%), Calcium: 154.17mg (15.42%), Selenium: 7.3µg (10.43%), Vitamin B12: 0.12µg (2.01%)