



Berry Lemon Mousse Parfait

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

Ingredients

- 1 cup blueberries fresh
- 1.5 cups heavy cream
- 1 teaspoon lemon extract pure mccormick®
- 0.3 cup juice of lemon
- 1 cup strawberries sliced
- 0.5 cup sugar divided
- 1 teaspoon vanilla extract pure mccormick®

Equipment

- bowl
- mixing bowl
- hand mixer

Directions

- In a large, chilled mixing bowl, using an electric mixer, beat cream, 1/3 cup sugar, lemon juice and extracts until mixture mounds softly.
- In a small bowl, add remaining sugar to berries.
- Mix gently.
- Spoon layers of mousse and fruit into dessert dishes.
- Serve immediately or chill for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:10.03, Inflammation Score:-5, Nutrition Score:3.8273913056954%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 219.27kcal (10.96%), Fat: 16.28g (25.05%), Saturated Fat: 10.27g (64.22%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.54g (6.38%), Sugar: 16.76g (18.62%), Cholesterol: 50.43mg (16.81%), Sodium: 12.66mg (0.55%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 1.55g (3.1%), Vitamin C: 15.6mg (18.91%), Vitamin A: 668.59IU (13.37%), Manganese: 0.13mg (6.73%), Vitamin B2: 0.1mg (5.85%), Vitamin K: 5.39µg (5.14%), Vitamin D: 0.71µg (4.76%), Vitamin E: 0.58mg (3.86%), Calcium: 34.08mg (3.41%), Phosphorus: 33.06mg (3.31%), Fiber: 0.83g (3.31%), Potassium: 93.02mg (2.66%), Folate: 8.74µg (2.18%), Selenium: 1.51µg (2.16%), Vitamin B6: 0.04mg (1.87%), Magnesium: 7.09mg (1.77%), Vitamin B5: 0.17mg (1.69%), Vitamin B1: 0.02mg (1.47%), Copper: 0.03mg (1.33%), Vitamin B12: 0.07µg (1.19%), Zinc: 0.17mg (1.12%), Iron: 0.18mg (1.02%)