



## Blue Cheese Mousse



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



159 kcal

### Ingredients

- ☐ 8 servings pepper black freshly ground to taste
- ☐ 6 ounces cheese blue crumbled
- ☐ 4 ounce cream cheese
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 servings kosher salt to taste

### Equipment

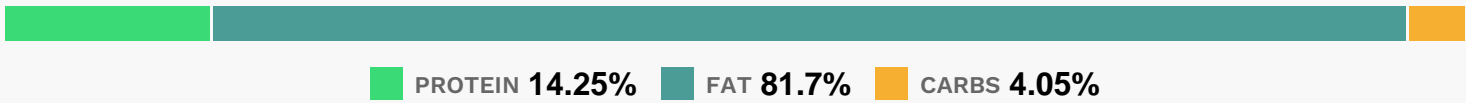
- ☐ food processor
- ☐ bowl
- ☐ whisk

☐ pastry bag

## Directions

- ☐ Puree blue cheese and cream cheese together in a food processor until completely smooth; transfer to a bowl and season with kosher salt and black pepper.
- ☐ Beat heavy cream in a glass or metal bowl until soft peaks form. Lift your beater or whisk straight up: the whipped cream will form soft mounds rather than a sharp peak. Fold whipped cream into the blue cheese mixture, stirring until the mixture is creamy with no lumps.
- ☐ Transfer mixture to a pastry bag with a round tip for piping.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:3.4839130478061%

## Nutrients (% of daily need)

Calories: 158.63kcal (7.93%), Fat: 14.56g (22.4%), Saturated Fat: 9.12g (57.01%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.93g (1.03%), Cholesterol: 41.47mg (13.82%), Sodium: 485.51mg (21.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Calcium: 133.12mg (13.31%), Phosphorus: 103.36mg (10.34%), Vitamin A: 498.92IU (9.98%), Vitamin B2: 0.13mg (7.8%), Selenium: 4.6µg (6.58%), Vitamin B12: 0.31µg (5.11%), Vitamin B5: 0.48mg (4.75%), Zinc: 0.66mg (4.41%), Potassium: 83.93mg (2.4%), Vitamin B6: 0.05mg (2.35%), Folate: 9.34µg (2.34%), Vitamin E: 0.27mg (1.78%), Vitamin D: 0.26µg (1.77%), Magnesium: 7.04mg (1.76%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.24mg (1.19%)