



Caramel & orange mousses

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 4 sheets gelatin
- ☐ 2 orange juice
- ☐ 4 eggs separated
- ☐ 100 g brown sugar
- ☐ 2 tbsp grand marnier
- ☐ 300 ml double cream
- ☐ 50 g brown sugar
- ☐ 3 cranberry-orange relish cut into segents

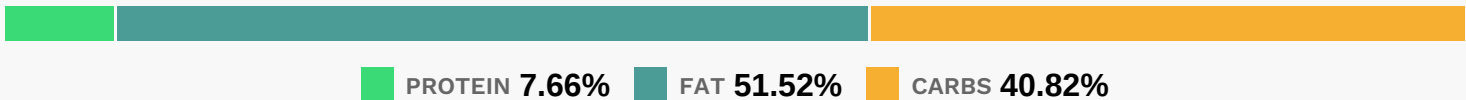
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Soak the gelatine in cold water to soften it.
- ☐ Heat the orange juice in the microwave for 1 min. Squeeze the excess water from the gelatine, add to the hot juice and stir to dissolve. Set aside to cool.
- ☐ Put the egg yolks, sugar and orange zest into a bowl and whisk over a pan of hot water for 10 mins until thick and foamy.
- ☐ Remove from the heat and continue whisking until completely cool.
- ☐ Fold the gelatine, orange mix and liqueur, if using, into the egg yolk mixture. In separate bowls, whisk the egg whites and cream until both are softly stiff, then gently fold into the orange mix. Spoon into 8 cocktail glasses and chill until set. Will keep, covered, for 2 days.
- ☐ A couple of hrs before serving, make the caramel oranges.
- ☐ Heat the sugar in pan with 2 tbsp water. When the sugar has dissolved, turn up the heat and cook until pale golden.
- ☐ Add the oranges (take care as the sugar will splutter) and swirl them round the pan to coat them in the caramel. Allow to cool. Spoon a couple of orange segments and some caramel juice on top of each mousse and serve with crisp biscuits on the side.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:2.76, Inflammation Score:-6, Nutrition Score:7.1734783286634%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 15.18mg, Hesperetin: 15.18mg, Hesperetin: 15.18mg, Hesperetin: 15.18mg Naringenin: 7.85mg, Naringenin: 7.85mg, Naringenin: 7.85mg, Naringenin: 7.85mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 275.71kcal (13.79%), Fat: 15.81g (24.33%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 26.98g (9.81%), Sugar: 26.43g (29.37%), Cholesterol: 124.47mg (41.49%), Sodium: 49.09mg (2.13%), Alcohol: 0.98g (100%), Alcohol %: 0.84% (100%), Protein: 5.29g (10.58%), Vitamin C: 33.86mg (41.04%), Vitamin A: 813.87IU (16.28%), Selenium: 8.78µg (12.54%), Vitamin B2: 0.2mg (11.67%), Folate: 31.57µg (7.89%), Phosphorus: 76.23mg (7.62%), Calcium: 74.67mg (7.47%), Vitamin D: 1.04µg (6.96%), Vitamin B5: 0.61mg (6.11%), Potassium: 211.34mg (6.04%), Vitamin B1: 0.07mg (4.87%), Fiber: 1.21g (4.84%), Vitamin B6: 0.09mg (4.69%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.26µg (4.27%), Copper: 0.08mg (4.03%), Iron: 0.65mg (3.6%), Magnesium: 13.86mg (3.47%), Zinc: 0.42mg (2.83%), Manganese: 0.03mg (1.73%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.29µg (1.23%)