



Cardamom-Yogurt Mousse with Apricots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 6 to 8 apricots ripe
- ☐ 0.5 teaspoon ground cardamom
- ☐ 180 ml cup heavy whipping cream
- ☐ 2 large egg whites
- ☐ 2 teaspoons powdered gelatin
- ☐ 75 ml honey
- ☐ 1 pinch salt
- ☐ 360 ml strained yogurt plain low-fat (or full-fat)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Pour 1/4 cup (60 ml) water into a small saucepan and sprinkle the gelatin over it. Set aside for 5 minutes to allow the gelatin to soften. Set the pan over medium heat and whisk until the gelatin dissolves.
- ☐ Whisk in the honey and continue warming until the honey has thinned.
- ☐ In the bowl of a stand mixer (or in a large bowl, using a hand mixer), whip the egg whites until stiff. Scrape out into a separate bowl. Wipe out the mixing bowl and beat the cream until stiff peaks form.
- ☐ Add the yogurt and whip until combined. Beat in the cardamom and salt, then slowly pour in the warmed honey and gelatin and whip. Use a spatula to gently fold in the egg whites.
- ☐ Spread the mousse in six separate cups or in a 1-quart (1-L) dish and refrigerate for 1 to 2 hours, until softly set.
- ☐ Serve with slices of fresh apricot, or remove the pits from apricot halves and pipe in dollops of mousse.
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Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:9.03, Inflammation Score:-6, Nutrition Score:5.6208695225094%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 215.5kcal (10.78%), Fat: 11.25g (17.31%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.76g (7.55%), Sugar: 20.56g (22.84%), Cholesterol: 36.64mg (12.21%), Sodium: 54.84mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.97%), Vitamin A: 1119.76IU (22.4%), Vitamin B2: 0.27mg (15.98%), Selenium: 8.83µg (12.62%), Phosphorus: 97.72mg (9.77%), Calcium: 83.99mg (8.4%), Vitamin B12: 0.41µg (6.89%), Potassium: 220.16mg (6.29%), Manganese: 0.1mg (4.77%), Vitamin C: 3.81mg (4.61%), Vitamin E: 0.59mg (3.96%), Copper: 0.08mg (3.88%), Vitamin B5: 0.36mg (3.64%), Magnesium: 13.44mg (3.36%), Vitamin B6: 0.07mg (3.36%), Vitamin D: 0.48µg (3.22%), Fiber: 0.78g (3.13%), Zinc: 0.47mg (3.12%), Folate: 9.11µg (2.28%), Vitamin K: 2.12µg (2.02%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.37mg (1.86%), Iron: 0.32mg (1.8%)