



## Coconut Mousse

 Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



413 kcal

## Ingredients

- ☐ 4 large egg whites
- ☐ 2.5 teaspoons gelatin powder unflavored (from two)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 8 servings coconut fresh sweetened flaked toasted
- ☐ 13 ounce condensed milk sweetened canned
- ☐ 2.8 cups coconut flakes dried unsweetened
- ☐ 2 cups water
- ☐ 0.3 cup milk whole

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ cheesecloth

## Directions

- ☐ Pour boiling-hot water over dried coconut in a blender, then blend, scraping down sides as necessary, until combined well, about 30 seconds (use caution when blending hot liquids). Cool in blender until cool enough to handle.
- ☐ Line a large fine-mesh sieve with several layers of cheesecloth and set it over a bowl.
- ☐ Pour coconut mixture into lined sieve and squeeze out as much liquid as possible.
- ☐ Whisk together sweetened condensed milk and 1 cup coconut milk in a large bowl.
- ☐ Pour remaining coconut milk into a 1-cup glass measure and add enough whole milk to bring total to 1 cup, then transfer to a small saucepan.
- ☐ Sprinkle gelatin over milk mixture in saucepan and let stand 1 minute to soften, then heat over moderate heat, whisking occasionally, until gelatin is dissolved (do not let boil).
- ☐ Whisk into sweetened condensed milk mixture in large bowl until combined. Quick-chill by putting bowl in a larger bowl of ice and cold water and stirring occasionally until mixture is the consistency of raw egg whites, about 10 minutes.
- ☐ Remove bowl from ice bath.
- ☐ Beat cream with an electric mixer until it holds soft peaks, then fold cream into coconut mixture gently but thoroughly.
- ☐ Using cleaned beaters, beat egg whites with a pinch of salt until they hold soft peaks, then fold into coconut mixture gently but thoroughly. Chill, covered, until set, about 1 hour.
- ☐ ·Mousse can be chilled up to 1 day.·The egg whites in this recipe are not cooked. If salmonella is a problem in your area, you can use reconstituted powdered egg whites such as Just Whites.

## Nutrition Facts



 **PROTEIN 8.59%**  **FAT 60.32%**  **CARBS 31.09%**

## Properties

Glycemic Index:12.38, Glycemic Load:15.42, Inflammation Score:-4, Nutrition Score:10.025217499422%

## Nutrients (% of daily need)

Calories: 413.2kcal (20.66%), Fat: 28.79g (44.29%), Saturated Fat: 23.08g (144.22%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 28.53g (10.37%), Sugar: 28.49g (31.66%), Cholesterol: 33.39mg (11.13%), Sodium: 111.88mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Manganese: 0.82mg (40.9%), Selenium: 16.77µg (23.96%), Phosphorus: 197.03mg (19.7%), Vitamin B2: 0.33mg (19.69%), Fiber: 4.86g (19.45%), Calcium: 161.35mg (16.14%), Copper: 0.28mg (14.22%), Potassium: 385.84mg (11.02%), Magnesium: 43.42mg (10.86%), Zinc: 1.11mg (7.38%), Vitamin A: 354.02IU (7.08%), Vitamin B5: 0.68mg (6.8%), Iron: 1.11mg (6.19%), Vitamin B6: 0.12mg (6.11%), Vitamin B12: 0.28µg (4.71%), Vitamin B1: 0.07mg (4.49%), Vitamin D: 0.41µg (2.76%), Folate: 9.36µg (2.34%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.73mg (2.09%), Vitamin B3: 0.32mg (1.58%)