



Couscous Mango Mousse

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 0.8 cup couscous
- ☐ 1 cup heavy cream chilled whipping
- ☐ 2 juice oranges
- ☐ 1.3 pounds mangos ripe
- ☐ 2 tablespoons liqueur orange flavored
- ☐ 4 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce vanilla yogurt

☐ 1 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ peeler

Directions

- ☐ In a medium saucepan over medium-high heat, bring the water to a boil.
- ☐ Add the couscous in a stream. Stir once.
- ☐ Remove from the heat. Cover and let stand until the couscous is tender, 12 to 15 minutes.
- ☐ Mix in 2 tablespoons of the sugar. Cover tightly set aside.
- ☐ Scrub one of the oranges under running water and pat dry. With a vegetable peeler, remove the zest, being careful not to peel away any of the white pith. Finely mince the zest. Set aside.
- ☐ Squeeze the oranges to obtain about 3/4 cup of juice. Strain through a medium-meshed sieve into a small saucepan. Over medium heat, boil down the juice until it has reduced to about 2 tablespoons, and has the consistency of molten honey, 4 to 5 minutes. Stir in the liqueur. Set aside.
- ☐ Peel the mango and cut the flesh away from the seed.
- ☐ Cut half into thin wedges and coarsely dice the rest. Set aside.
- ☐ In chilled metal bowl, whip the cream until soft peaks form. Fold in the vanilla and the remaining sugar. Refrigerate 1 cup of the whipped cream for serving. In a medium bowl, combine the rest of the whipped cream with the yogurt and the diced mango. Refrigerate until ready to serve.
- ☐ Before serving, combine the yogurt-mango mixture with the couscous. Spoon equal amounts into 6 parfait glasses or small bowls. Top each dessert with a generous dollop of the reserved whipped cream and mango wedges.
- ☐ Drizzle with orange sauce, sprinkle with minced orange zest, and serve.

Nutrition Facts



Properties

Glycemic Index:37.93, Glycemic Load:22.33, Inflammation Score:-8, Nutrition Score:10.117391182029%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 356.01kcal (17.8%), Fat: 15.32g (23.56%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 44.69g (16.25%), Sugar: 29.34g (32.6%), Cholesterol: 46.71mg (15.57%), Sodium: 40.89mg (1.78%), Alcohol: 2.22g (100%), Alcohol %: 1.14% (100%), Protein: 6.53g (13.05%), Vitamin C: 34.94mg (42.35%), Vitamin A: 1621.83IU (32.44%), Folate: 50.7µg (12.68%), Phosphorus: 124.09mg (12.41%), Vitamin B2: 0.21mg (12.09%), Manganese: 0.23mg (11.61%), Calcium: 107.76mg (10.78%), Fiber: 2.59g (10.38%), Potassium: 316.6mg (9.05%), Copper: 0.17mg (8.75%), Vitamin B6: 0.17mg (8.37%), Vitamin E: 1.22mg (8.15%), Vitamin B5: 0.77mg (7.65%), Vitamin B3: 1.46mg (7.28%), Magnesium: 28.28mg (7.07%), Vitamin B1: 0.09mg (5.71%), Selenium: 3.66µg (5.22%), Vitamin K: 5.28µg (5.02%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.26µg (4.4%), Vitamin D: 0.63µg (4.23%), Iron: 0.46mg (2.53%)