



Fromage frais mousse with strawberry sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



62 kcal

DESSERT

Ingredients

- ☐ 1 large egg white
- ☐ 50 g icing sugar
- ☐ 0.5 juice of lemon grated
- ☐ 500 g strawberries
- ☐ 500 g fromage frais low-fat
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Equipment

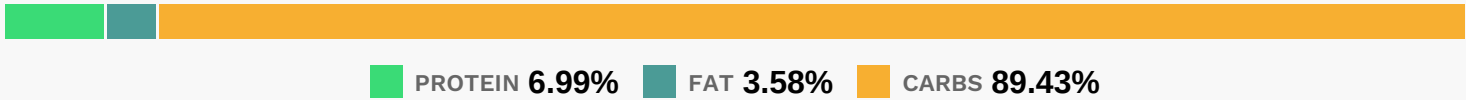
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Put the egg white into a heatproof bowl with the icing sugar. Set the bowl over a large pan of simmering water and, using a hand electric whisk, whisk for 5 mins until the mixture is light, fluffy and holds peaks when the blades are lifted.
- ☐ Remove from heat, whisk in the lemon zest, then whisk for a further 2 mins to cool it down.
- ☐ Fold in the fromage frais, then transfer to six glasses or small bowls and chill. Roughly chop half the strawberries and put in the food processor with the 2 tbsp icing sugar and the lemon juice. Whizz to a pure, then press through a sieve to remove the seeds. Chop the remaining strawberries.
- ☐ Spoon the chopped strawberries over the mousses, then spoon a little pure over each. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:1.89, Inflammation Score:-3, Nutrition Score:5.1521738495516%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.71mg, Pelargonidin: 20.71mg, Pelargonidin: 20.71mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin:

0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 62.49kcal (3.12%), Fat: 0.27g (0.41%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 13.26g (4.82%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 10.15mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin C: 49.97mg (60.57%), Manganese: 0.32mg (16.15%), Fiber: 1.67g (6.7%), Folate: 20.72µg (5.18%), Potassium: 139.21mg (3.98%), Magnesium: 11.59mg (2.9%), Vitamin B2: 0.04mg (2.61%), Selenium: 1.49µg (2.12%), Copper: 0.04mg (2.11%), Phosphorus: 21.02mg (2.1%), Vitamin B6: 0.04mg (2.03%), Iron: 0.35mg (1.96%), Vitamin K: 1.83µg (1.75%), Vitamin B3: 0.33mg (1.65%), Vitamin E: 0.25mg (1.64%), Calcium: 13.95mg (1.4%), Vitamin B1: 0.02mg (1.39%), Vitamin B5: 0.12mg (1.18%)