



Frozen Honey Mousse with Tart Cherry Cookies



Vegetarian

READY IN



720 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 tablespoons cherries dried chopped
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup egg whites (from 3 large eggs)
- ☐ 0.3 cup brown sugar packed ()
- ☐ 1 cup cup heavy whipping cream chilled

- ☐ 2 tablespoons honey
- ☐ 0.3 cup sugar
- ☐ 0.3 cup unbleached all purpose flour
- ☐ 0.3 cup butter unsalted melted ()

Equipment

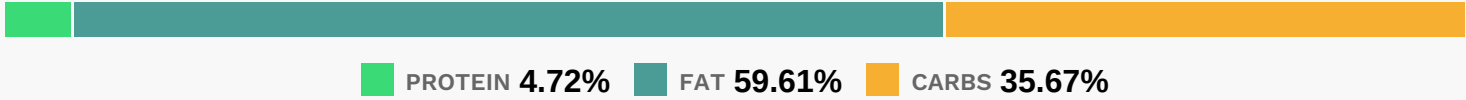
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Using electric mixer, beat cream and honey in large bowl on low speed until honey dissolves. Increase speed and beat until peaks form. Using electric mixer with clean dry beaters, beat egg whites and pinch of salt in medium bowl until foamy. With mixer running, gradually beat in sugar, then beat until peaks form. Fold egg white mixture into cream mixture in 2 additions. Fold in almonds, if desired.
- ☐ Transfer to container, cover, and freeze overnight.
- ☐ Preheat oven to 350°. Line 2 large baking sheets with foil.
- ☐ Mix first 7 ingredients in bowl. Stir butter and honey in another medium bowl.
- ☐ Add flour mixture; stir to blend (dough will be thin).
- ☐ Let stand at room temperature 20 minutes to thicken. DO AHEAD: Can be made 4 hours ahead. Cover; let stand at room temperature.
- ☐ Spoon dough by rounded teaspoonfuls onto prepared sheets, spacing apart (about 6 cookies per sheet).
- ☐ Bake until deep golden, lacy, and bubbling, 9 to 10 minutes. Cool cookies on sheet 5 minutes. Using thin metal spatula, transfer cookies to racks to cool. DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.

- ☐
- Divide honey mousse among 8 shallow serving dishes.
- ☐
- Garnish each serving with 1 cookie and serve, passing remaining cookies separately.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:6.8, Inflammation Score:-4, Nutrition Score:3.886521751466%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 270.94kcal (13.55%), Fat: 18.49g (28.44%), Saturated Fat: 10.64g (66.5%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 24.23g (8.81%), Sugar: 21.03g (23.37%), Cholesterol: 48.87mg (16.29%), Sodium: 46.67mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin A: 617.08IU (12.34%), Vitamin B2: 0.17mg (10.01%), Vitamin E: 1.43mg (9.54%), Selenium: 4.66µg (6.66%), Manganese: 0.13mg (6.44%), Calcium: 48.76mg (4.88%), Phosphorus: 47.23mg (4.72%), Magnesium: 15.92mg (3.98%), Vitamin D: 0.58µg (3.88%), Vitamin B1: 0.05mg (3.08%), Copper: 0.06mg (3.04%), Potassium: 102.03mg (2.92%), Folate: 10.99µg (2.75%), Fiber: 0.67g (2.69%), Iron: 0.48mg (2.67%), Vitamin B3: 0.42mg (2.12%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.61%), Vitamin K: 1.54µg (1.46%), Vitamin B6: 0.02mg (1.25%), Vitamin B12: 0.07µg (1.15%)