



Frozen Lemon Mousse Cones



Vegetarian



Gluten Free

READY IN



510 min.

SERVINGS



10

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter diced
- ☐ 1 eggs
- ☐ 4 egg yolks
- ☐ 0.8 cup heavy cream
- ☐ 0.5 cup juice of lemon
- ☐ 1 cup sugar

Equipment

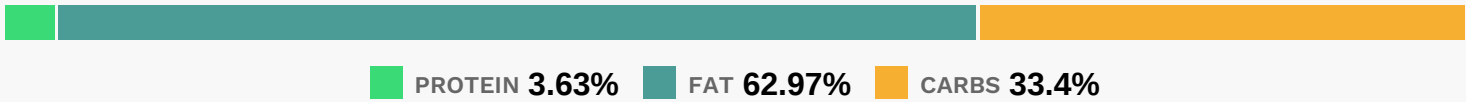
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy bottomed stainless steel saucepan combine the lemon juice, sugar, yolks, eggs, and butter. Over high heat whisk the mixture constantly until thickened. Strain it into a bowl set over ice and chill it stirring to thicken slightly. Fold in the whipped cream and pour or pipe into paper cones to the top, and set in a rack to hold them. Freeze overnight. Peel off the paper cone and serve.;

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:13.97, Inflammation Score:-3, Nutrition Score:3.2621738962505%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.23kcal (12.56%), Fat: 18.07g (27.8%), Saturated Fat: 10.77g (67.31%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 21.53g (7.83%), Sugar: 20.85g (23.17%), Cholesterol: 138.7mg (46.23%), Sodium: 87.83mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin A: 674.35IU (13.49%), Selenium: 6.16µg (8.81%), Vitamin B2: 0.1mg (5.95%), Vitamin C: 4.83mg (5.85%), Vitamin D: 0.76µg (5.08%), Phosphorus: 50.85mg (5.08%), Vitamin E: 0.68mg (4.52%), Folate: 16.07µg (4.02%), Vitamin B12: 0.23µg (3.79%), Vitamin B5: 0.36mg (3.57%), Calcium: 27.19mg (2.72%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.28mg (1.89%), Iron: 0.31mg (1.74%), Vitamin B1: 0.02mg (1.43%), Vitamin K: 1.43µg (1.36%), Potassium: 46.57mg (1.33%)