



Frozen Lemon Mousse with Blackberry-Raspberry Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

DESSERT

Ingredients

- 3 large egg whites
- 1 envelope gelatin powder unflavored
- 0.8 cup lemon yogurt fat-free (such as Yoplait)
- 1 teaspoon lemon extract
- 0.3 cup juice of lemon fresh
- 1.5 teaspoons lemon rind grated
- 8 servings blackberry-raspberry sauce

- 1 Dash salt
- 1 cup sugar
- 2 tablespoons water
- 1 cup non-dairy whipped topping frozen thawed

Equipment

- bowl
- sauce pan
- blender
- ramekin
- microwave
- candy thermometer

Directions

- Sprinkle gelatin over water in a small microwave-safe bowl; let stand 1 minute. Microwave at high 15 seconds, stirring until gelatin dissolves; cool slightly.
- Beat egg whites at high speed of a mixer until soft peaks form.
- Combine sugar and lemon juice in a saucepan; cook over medium heat until sugar dissolves. Increase heat to medium-high, and cook, without stirring, until candy thermometer registers 24
- Pour hot sugar syrup in a thin stream over egg whites, beating at medium speed, then at high speed until stiff peaks form (about 5 minutes). Beat in gelatin mixture, grated lemon rind, and lemon extract. Fold in whipped topping, yogurt, and salt. Spoon 3/4 cup lemon mixture into each of 8 (6-ounce) custard cups or ramekins. Cover and freeze 4 hours or up to 24 hours.
- Serve frozen with Blackberry-Raspberry Sauce.
- Garnish with lemon rind strips, if desired.

Nutrition Facts



PROTEIN 6.16% **FAT 5.2%** **CARBS 88.64%**

Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:2.687826084054%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 237.85kcal (11.89%), Fat: 1.43g (2.2%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 54.42g (19.79%), Sugar: 39.63g (44.04%), Cholesterol: 0.65mg (0.22%), Sodium: 60.05mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin C: 8.85mg (10.72%), Vitamin B2: 0.13mg (7.87%), Selenium: 4.34µg (6.2%), Calcium: 57.32mg (5.73%), Phosphorus: 47.75mg (4.78%), Manganese: 0.07mg (3.44%), Potassium: 116.69mg (3.33%), Vitamin B12: 0.17µg (2.83%), Magnesium: 8.65mg (2.16%), Copper: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.01%), Folate: 7.65µg (1.91%), Zinc: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.32%), Fiber: 0.33g (1.31%), Vitamin B6: 0.02mg (1.17%)