



Ginger-Yogurt Mousse with Pistachio Meringue



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites room temperature
- ☐ 1 " piece ginger peeled cut into 1/4" slices
- ☐ 1 cup heavy cream
- ☐ 1 cup yogurt plain low-fat
- ☐ 1 tablespoon natural pistachios chopped

- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract

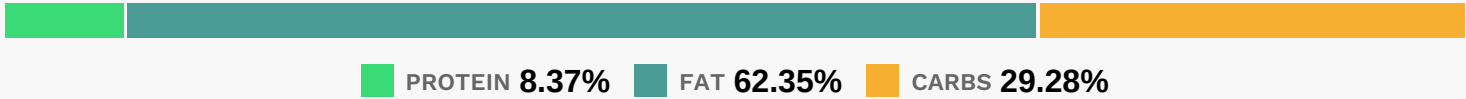
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Position a rack in center of oven; preheat to 250°F. Line a baking sheet with parchment paper. Using an electric mixer, beat egg whites and cream of tartar in a large bowl until soft peaks form. Beat in vanilla. Gradually beat in cornstarch, then sugar, 1 tablespoon at a time; continue to beat until stiff peaks form. Fold in pistachios.
- ☐ Spread meringue on parchment paper in a 1/3" layer (meringue will not completely cover parchment).
- ☐ Bake meringue until crisp, about 55 minutes.
- ☐ Let cool, then break into small pieces. DO AHEAD: Can be made 1 day ahead. Store airtight.
- ☐ Combine sugar, ginger, and 1/4 cup water in a small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a boil over medium heat, stirring until sugar dissolves.
- ☐ Remove saucepan from heat and let infuse for 30 minutes. Discard bean. Cover and chill ginger syrup.
- ☐ In a small bowl, whisk together yogurt, cream, and ginger syrup just to blend.
- ☐ Place mixture in a whipped-cream canister. DO AHEAD: Can be made 4 hours ahead. Chill. Dispense into bowls according to manufacturer's instructions. (Alternatively, double ingredients and whip chilled cream until stiff peaks form, then whip in yogurt and syrup. Spoon the mixture into bowls.) Top with crumbled pistachio meringue.
- ☐ Garnish with pistachios.

Nutrition Facts



Properties

Glycemic Index:12.89, Glycemic Load:5.87, Inflammation Score:-3, Nutrition Score:3.0234782799431%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 167kcal (8.35%), Fat: 11.78g (18.13%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.52g (12.8%), Cholesterol: 35.46mg (11.82%), Sodium: 43.46mg (1.89%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.56g (7.12%), Vitamin B2: 0.16mg (9.49%), Vitamin A: 456.83IU (9.14%), Calcium: 77.51mg (7.75%), Phosphorus: 67.57mg (6.76%), Selenium: 3.69µg (5.27%), Potassium: 134.9mg (3.85%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.37mg (2.48%), Magnesium: 9.75mg (2.44%), Vitamin B6: 0.04mg (2.16%), Vitamin E: 0.31mg (2.04%), Vitamin B1: 0.03mg (1.88%), Folate: 5.46µg (1.37%), Copper: 0.02mg (1.22%)