



Goat Cheese Mousse

READY IN



6 min.

SERVINGS



4

CALORIES



343 kcal

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings round buttery crackers
- ☐ 3 tablespoons chives fresh
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 ounces goat cheese soft
- ☐ 0.8 cup heavy cream
- ☐ 4 servings cranberry chutney sweet
- ☐ 0.8 cup yogurt plain
- ☐ 0.5 cup german quark
- ☐ 4 servings salt to taste

- ☐ 4 servings crudités
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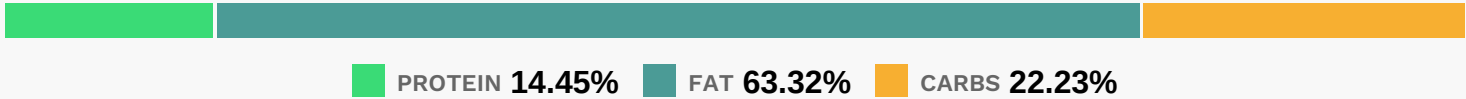
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sprinkle gelatin over 1/12 cup water in a small saucepan; let stand 1 minute. Cook 2 minutes over low heat, stirring until gelatin dissolves.
- ☐ Whisk together gelatin mixture, yogurt, quark, and goat cheese in a large bowl. Stir in chives. Season with salt and pepper.
- ☐ Beat cream in a separate chilled bowl until soft peaks form. Fold gently into cheese mixture. Cover and chill 3 hours.
- ☐ Serve with chutney, crackers, and crudits.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:16.213043523871%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 343.3kcal (17.16%), Fat: 24.64g (37.91%), Saturated Fat: 14.25g (89.04%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.46g (6.35%), Sugar: 9.29g (10.33%), Cholesterol: 62.92mg (20.97%), Sodium: 458mg (19.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Vitamin C: 97.16mg (117.78%), Vitamin A: 3278.98IU (65.58%), Vitamin B2: 0.32mg (18.56%), Vitamin K: 18.38µg (17.51%), Phosphorus: 171.01mg (17.1%), Vitamin B6: 0.3mg (14.78%), Vitamin E: 2.2mg (14.7%), Folate: 55.4µg (13.85%), Calcium: 138.33mg (13.83%),

Manganese: 0.21mg (10.49%), Vitamin B1: 0.15mg (9.69%), Copper: 0.19mg (9.41%), Potassium: 301.83mg (8.62%), Vitamin B3: 1.65mg (8.26%), Fiber: 2.01g (8.06%), Iron: 1.44mg (8%), Vitamin B5: 0.7mg (6.95%), Selenium: 4.27µg (6.11%), Magnesium: 24.39mg (6.1%), Vitamin D: 0.82µg (5.44%), Zinc: 0.81mg (5.39%), Vitamin B12: 0.27µg (4.47%)