



Grasshopper Parfaits

 Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cup heavy whipping cream
- ☐ 2 tablespoons creme de cacao liqueur
- ☐ 0.3 cup crème de cassis liqueur green
- ☐ 0.7 cup egg whites at room temperature (or pasteurized egg whites)
- ☐ 3 egg yolk
- ☐ 1.5 tablespoons gelatin powder plain
- ☐ 1 pint cup heavy whipping cream
- ☐ 20 mint leaves thin

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water cold

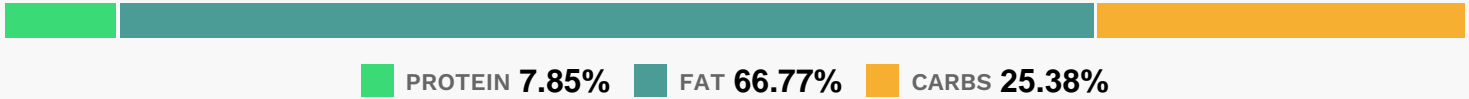
Equipment

- ☐ food processor
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Add 14 Thin Mint Cookies (one sleeve's worth) to the food processor. Pulse until you have fine crumbs. Set aside.
- ☐ In the top of a double boiler combine water, 1/4 cup sugar and salt. Stir until dissolved.
- ☐ Sprinkle mixture with gelatin and let soften for 1 to 2 minutes.
- ☐ Whisk in the egg yolks one at a time until combined.
- ☐ Place double boiler over boiling water and heat mixture, whisking constantly, until gelatin is completely dissolved and the mixture begins to thicken slightly.
- ☐ Remove from heat and whisk in crème de menthe, crème de cacao and vanilla. Refrigerate mixture, stirring occasionally, until mixture becomes the consistency of unbeaten egg whites, about 20 minutes.
- ☐ While the gelatin mixture is chilling, whip heavy cream until stiff peaks form and set aside. Next beat the egg whites and cream of tartar until egg whites begin to stiffen slightly. Lightly sprinkle in remaining sugar, one tablespoon at a time. Continue beating egg whites until soft peaks form. Fold egg whites into the gelatin mixture, then fold in half of the whipped cream, reserving the rest to top the parfaits.
- ☐ Divide half of the grasshopper filling among the six glasses, spooning it in carefully so as not to smudge the sides. Next spoon in the cookie crumbs, dividing them evenly among the glasses. Repeat with remaining grasshopper filling. Refrigerate to set, about two hours or overnight. Just before serving, top with remaining whipped cream (you may want to rewhip the cream slightly to incorporate more air).
- ☐ Garnish with a whole Thin Mint and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-7, Nutrition Score:6.5530434769133%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg

Nutrients (% of daily need)

Calories: 440.44kcal (22.02%), Fat: 31.17g (47.95%), Saturated Fat: 19.1g (119.4%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.39g (9.6%), Sugar: 24.77g (27.52%), Cholesterol: 186.79mg (62.26%), Sodium: 173.61mg (7.55%), Alcohol: 4.1g (100%), Alcohol %: 3.01% (100%), Protein: 8.25g (16.5%), Vitamin A: 1436.79IU (28.74%), Vitamin B2: 0.33mg (19.52%), Selenium: 13.65µg (19.5%), Vitamin D: 1.75µg (11.7%), Phosphorus: 88.29mg (8.83%), Calcium: 75.78mg (7.58%), Vitamin E: 0.96mg (6.41%), Vitamin B12: 0.33µg (5.44%), Folate: 21.72µg (5.43%), Vitamin B5: 0.54mg (5.36%), Potassium: 149.72mg (4.28%), Copper: 0.08mg (4.17%), Vitamin B6: 0.07mg (3.26%), Magnesium: 12.3mg (3.08%), Iron: 0.55mg (3.07%), Zinc: 0.45mg (3.02%), Manganese: 0.06mg (2.81%), Vitamin K: 2.6µg (2.48%), Vitamin B1: 0.04mg (2.4%), Vitamin C: 1.54mg (1.86%), Fiber: 0.27g (1.07%)