



Kaffir Lime Mousse with Honeydew Water

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.7 cup heavy whipping cream chilled
- ☐ 3 leaves kaffir lime leaves fresh (2- by 1 1/4-inch)
- ☐ 4 servings lime
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 teaspoons lime zest fresh finely grated
- ☐ 2 tablespoons jigger melon liqueur (melon liqueur)
- ☐ 1 leaves shiso leaves fresh green

- ☐ 1 cup yogurt plain
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

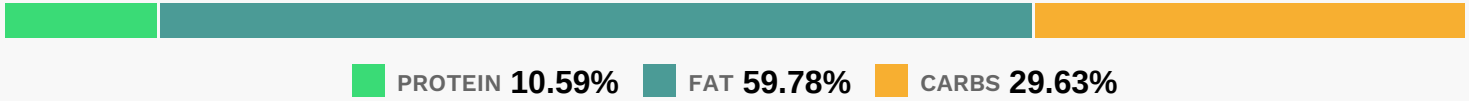
Directions

- ☐ Stir together 1/3 cup cream, sugar, lime leaves, zest, and a pinch of salt in a small heavy saucepan and bring to a bare simmer over moderately low heat, stirring until sugar is dissolved.
- ☐ Remove from heat and let steep, covered, 25 minutes.
- ☐ Sprinkle gelatin over water and lime juice in a bowl and let soften 1 minute. Return cream mixture to a simmer, then pour through a very fine sieve into gelatin, pressing on and discarding solids. Stir until gelatin is dissolved, about 1 minute. Gradually add yogurt, whisking, and chill, covered, 30 minutes. (
- ☐ Mixture will not be gelled.)
- ☐ Beat remaining 1/3 cup cream in a chilled bowl with whisk until it just holds soft peaks. Fold into yogurt mixture and chill, covered, at least 8 hours. (Mousse will be softly set.)
- ☐ Blend honeydew, Midori, lime juice, and a pinch of salt in a blender at high speed until smooth, about 1 minute.
- ☐ Pour through a fine sieve lined with dampened cheesecloth into a bowl.
- ☐ Let drain, undisturbed, 30 minutes, then discard foam remaining in cheesecloth.
- ☐ Sprinkle gelatin over water in a small saucepan and let soften 1 minute.
- ☐ Add 2 tablespoons melon juice and sugar, then cook over low heat, stirring, until gelatin and sugar are dissolved, 1 to 2 minutes. Gradually whisk in 1 1/8 cups melon juice (reserve

remainder for another use if desired), then transfer to a bowl and chill, covered, at least 8 hours. (Honeydew water will be barely set.)

- ☐
- Spoon honeydew water onto 4 dessert plates and top with shiso leaves. Spoon mousse onto leaves.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:4.813043444053%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.67mg, Hesperetin: 3.67mg, Hesperetin: 3.67mg, Hesperetin: 3.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 221.5kcal (11.07%), Fat: 14.5g (22.31%), Saturated Fat: 9.2g (57.48%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 15.94g (5.8%), Sugar: 14.77g (16.41%), Cholesterol: 46.05mg (15.35%), Sodium: 60.31mg (2.62%), Alcohol: 1.25g (100%), Alcohol %: 1.21% (100%), Protein: 5.78g (11.56%), Calcium: 151.87mg (15.19%), Vitamin B2: 0.22mg (13.14%), Phosphorus: 121.48mg (12.15%), Vitamin A: 593.14IU (11.86%), Vitamin B12: 0.44µg (7.28%), Potassium: 206.44mg (5.9%), Selenium: 3.86µg (5.52%), Vitamin B5: 0.52mg (5.16%), Vitamin C: 4.17mg (5.05%), Zinc: 0.7mg (4.69%), Vitamin D: 0.63µg (4.23%), Magnesium: 15.44mg (3.86%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.39mg (2.6%), Vitamin B6: 0.05mg (2.56%), Folate: 10.23µg (2.56%), Copper: 0.04mg (2.11%), Vitamin K: 1.46µg (1.39%)