



Lemon and White Chocolate Mousse Parfaits with Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 3.5 ounce chocolate white finely chopped (such as Lindt or Perugina)
- ☐ 5 large egg yolk
- ☐ 0.3 cup cup heavy whipping cream chilled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 pinch salt
- ☐ 2 pounds strawberries hulled sliced
- ☐ 0.5 cup sugar

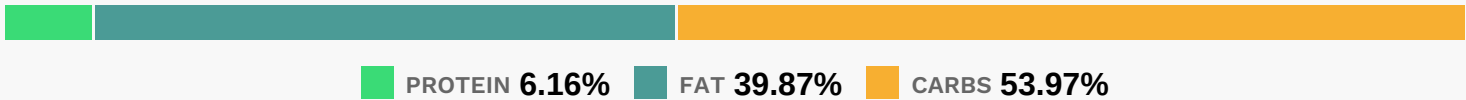
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk egg yolks, sugar, lemon juice, lemon peel, and salt in medium metal bowl to blend. Set bowl over saucepan of simmering water.
- ☐ Whisk until mixture is very thick and thermometer inserted into center registers 160°F to 170°F, about 6 minutes.
- ☐ Remove bowl from over water. Cool lemon mousse base to room temperature.
- ☐ Combine 1/4 cup cream and white chocolate in another medium metal bowl. Set bowl over saucepan of barely simmering water. Stir constantly until chocolate is soft and almost melted.
- ☐ Remove bowl from over water and stir until white chocolate is melted and smooth. Cool white chocolate mousse base to room temperature.
- ☐ Beat remaining 2 2/3 cups cream in large bowl until firm peaks form. Divide whipped cream between both mousse bases, folding in 1 cup at a time (about 3 cups for each).
- ☐ Layer scant 1/4 cup lemon mousse in each of 8 parfait glasses or wine glasses; top with 2 tablespoons strawberries.
- ☐ Layer scant 1/4 cup white chocolate mousse over strawberries. Repeat layering 1 more time. DO AHEAD: Can be made 1 day ahead. Cover with plastic wrap and chill. Cover and chill remaining strawberries.
- ☐ Spoon strawberries over top of each parfait, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:16.43, Inflammation Score:-5, Nutrition Score:10.039130418197%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 214.12kcal (10.71%), Fat: 9.9g (15.23%), Saturated Fat: 5.15g (32.22%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 27.81g (10.11%), Sugar: 26g (28.89%), Cholesterol: 125.76mg (41.92%), Sodium: 24.53mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 72.69mg (88.1%), Manganese: 0.45mg (22.35%), Folate: 46.94µg (11.74%), Selenium: 7.28µg (10.39%), Phosphorus: 96.02mg (9.6%), Fiber: 2.34g (9.35%), Vitamin B2: 0.13mg (7.92%), Potassium: 243.58mg (6.96%), Calcium: 62.48mg (6.25%), Vitamin B5: 0.57mg (5.74%), Vitamin A: 280.79IU (5.62%), Vitamin E: 0.81mg (5.42%), Vitamin B6: 0.11mg (5.35%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.69µg (4.62%), Magnesium: 18.2mg (4.55%), Iron: 0.81mg (4.5%), Vitamin B1: 0.06mg (3.93%), Vitamin K: 3.94µg (3.75%), Copper: 0.07mg (3.71%), Zinc: 0.52mg (3.48%), Vitamin B3: 0.55mg (2.76%)