



Lemon and White Chocolate Mousse Parfaits with Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 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
- ☐ 4 teaspoons lemon zest finely grated
- ☐ 1 pinch salt
- ☐ 2 pounds strawberries hulled sliced

☐ 0.5 cup sugar

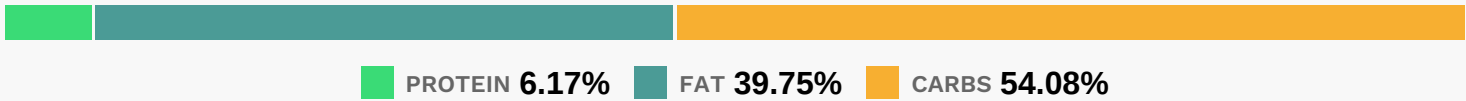
Equipment

- ☐ 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 wineglasses; 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:10.153912979624%

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: 214.59kcal (10.73%), Fat: 9.9g (15.23%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 27.86g (10.13%), Sugar: 26.04g (28.93%), Cholesterol: 125.76mg (41.92%), Sodium: 24.59mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 73.98mg (89.67%), Manganese: 0.45mg (22.35%), Folate: 47.07µg (11.77%), Selenium: 7.28µg (10.4%), Fiber: 2.44g (9.78%), Phosphorus: 96.14mg (9.61%), Vitamin B2: 0.14mg (7.97%), Potassium: 245.18mg (7.01%), Calcium: 63.82mg (6.38%), Vitamin B5: 0.58mg (5.77%), Vitamin A: 281.29IU (5.63%), Vitamin E: 0.82mg (5.44%), Vitamin B6: 0.11mg (5.44%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.69µg (4.62%), Magnesium: 18.35mg (4.59%), Iron: 0.82mg (4.55%), Vitamin B1: 0.06mg (3.97%), Copper: 0.08mg (3.76%), Vitamin K: 3.94µg (3.75%), Zinc: 0.52mg (3.49%), Vitamin B3: 0.56mg (2.78%)