



Lemon-Lime Mousse

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



253 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 2 tablespoons cornstarch
- 1 pinch salt
- 3 large egg yolk
- 0.7 cup milk 2%
- 0.3 cup juice of lemon
- 1 tablespoon juice of lime
- 1.5 teaspoons lemon zest grated

- 0.5 teaspoon lime zest grated
- 1 cup cup heavy whipping cream
- 1 slices lime

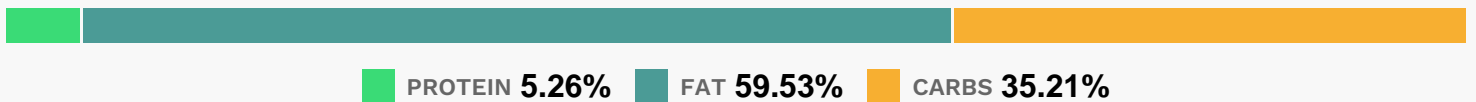
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- In a small saucepan, mix sugar, cornstarch and salt; whisk in egg yolks and milk until smooth.
- Whisk in citrus juices until blended; bring to a boil over medium heat, stirring constantly. Cook and stir 2 minutes longer. Stir in citrus zests.
- Transfer mixture to a bowl. Cover surface with plastic wrap; refrigerate until cold.
- To serve, in a small bowl, beat cream until soft peaks form. Fold into citrus mixture. Spoon into serving dishes. If desired, top with lime slices.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:11.67, Inflammation Score:-4, Nutrition Score:4.4578261025574%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 253.17kcal (12.66%), Fat: 17.18g (26.43%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 22.7g (8.26%), Sugar: 19.51g (21.68%), Cholesterol: 138.72mg (46.24%), Sodium: 34.19mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin A: 735.19IU (14.7%), Vitamin B2:

0.17mg (10.22%), Selenium: 6.8µg (9.72%), Phosphorus: 82.09mg (8.21%), Vitamin D: 1.09µg (7.29%), Vitamin C: 6.01mg (7.28%), Calcium: 70.91mg (7.09%), Vitamin B12: 0.37µg (6.14%), Vitamin B5: 0.47mg (4.7%), Folate: 17.76µg (4.44%), Vitamin E: 0.62mg (4.11%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.43mg (2.86%), Potassium: 99.63mg (2.85%), Vitamin B1: 0.04mg (2.46%), Iron: 0.32mg (1.78%), Magnesium: 7.13mg (1.78%), Vitamin K: 1.4µg (1.34%)