



Lemon Mousse Napoleons

READY IN



300 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 cup heavy cream chilled
- ☐ 1 cup lemon curd
- ☐ 3 sheets phyllo (17- by 12-inch)
- ☐ 0.5 cup natural pistachios shelled
- ☐ 0.3 cup sugar
- ☐ 3.5 tablespoons butter unsalted cooled melted

Equipment

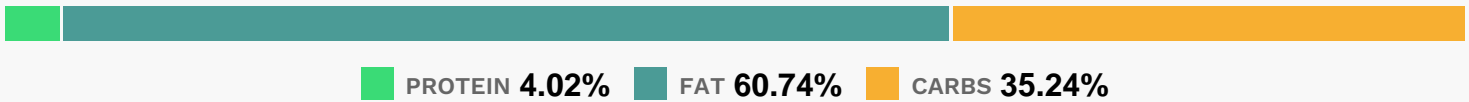
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen towels
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F.
- ☐ Finely grind 1/3 cup pistachios with sugar, coriander, and cardamom in a food processor. Finely chop remaining pistachios and reserve.
- ☐ Put stack of phyllo sheets on a work surface and cover with 2 overlapping sheets of plastic wrap and a dampened kitchen towel. Put 1 phyllo sheet on a cutting board and brush with some butter.
- ☐ Sprinkle phyllo sheet evenly with half of nut sugar, then top with another sheet of phyllo.
- ☐ Brush phyllo with some butter and sprinkle with remaining nut sugar. Top with remaining phyllo sheet, pressing down gently, then brush with remaining butter. Chill phyllo 10 minutes.
- ☐ Trim edges of phyllo with a sharp knife to make 1 (15- by 12-inch) rectangle.
- ☐ Cut stack lengthwise to make 4 (3-inch-wide) strips, then cut strips crosswise into 5 (3-inch) squares, forming 20 total. Halve each square diagonally, then carefully transfer triangles, 1 at a time, with a spatula onto a parchment-lined large baking sheet, spacing them 1/4 inch apart. Cover triangles with another piece of parchment and a baking sheet (as a weight).
- ☐ Bake in lower third of oven until golden, 15 to 18 minutes.
- ☐ Remove top baking sheet and carefully peel off top parchment (some phyllo may stick to it), then cool crisps on baking sheet on a rack.

- ☐ Beat cream in a bowl with an electric mixer until it holds soft peaks, then gently fold in lemon curd.
- ☐ Put 1 crisp on each of 8 plates. Top each crisp with 1 heaping tablespoon mousse, then layer with another crisp and tablespoon mousse. Top with crisps.
- ☐ Sprinkle reserved chopped nuts around napoleons.
- ☐ ·Crisps keep in an airtight container at room temperature 1 week.·Mousse can be made 4 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:11.64, Glycemic Load:6.06, Inflammation Score:-4, Nutrition Score:3.3804347981577%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 316.67kcal (15.83%), Fat: 21.89g (33.68%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 27.69g (10.07%), Sugar: 26.73g (29.7%), Cholesterol: 46.79mg (15.6%), Sodium: 94.43mg (4.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Vitamin A: 622.29IU (12.45%), Vitamin B6: 0.14mg (7.07%), Phosphorus: 56.76mg (5.68%), Manganese: 0.11mg (5.59%), Copper: 0.11mg (5.28%), Vitamin B1: 0.07mg (4.89%), Vitamin B2: 0.07mg (4.25%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.57µg (3.79%), Fiber: 0.89g (3.57%), Potassium: 110.19mg (3.15%), Calcium: 29.94mg (2.99%), Magnesium: 11.86mg (2.96%), Selenium: 1.56µg (2.23%), Iron: 0.36mg (1.97%), Zinc: 0.25mg (1.7%), Vitamin K: 1.38µg (1.32%), Folate: 5.29µg (1.32%), Vitamin B5: 0.12mg (1.23%)