



Lemon Mousse with Berries

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



439 kcal

Ingredients

- 0.1 teaspoon almond extract
- 1 cup poached berries mixed fresh
- 8 ounce cream cheese softened
- 1 cup heavy cream
- 10 ounce dickinson's® lemon curd or any flavor dickinson's creme curd

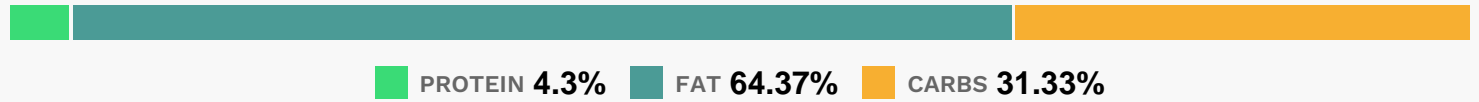
Equipment

- bowl

Directions

☐ Beat cream in medium bowl until stiff peaks form. Stir together curd, cream cheese and almond extract in small bowl until smooth. Stir curd mixture into whipped cream until blended. Divide mousse into tall stemmed glasses. Divide berries among glasses and garnish with mint, if desired. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:4.1273912683777%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg Malvidin: 12.83mg, Malvidin: 12.83mg, Malvidin: 12.83mg, Malvidin: 12.83mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 438.86kcal (21.94%), Fat: 31.83g (48.98%), Saturated Fat: 19.56g (122.25%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 34.07g (12.39%), Sugar: 33.12g (36.8%), Cholesterol: 83mg (27.67%), Sodium: 271.41mg (11.8%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 4.79g (9.58%), Vitamin A: 1102.63IU (22.05%), Vitamin B2: 0.17mg (10.07%), Phosphorus: 66.3mg (6.63%), Calcium: 64.92mg (6.49%), Selenium: 4.47µg (6.38%), Vitamin K: 6.3µg (6%), Vitamin E: 0.81mg (5.43%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.35mg (3.49%), Fiber: 0.79g (3.17%), Potassium: 101.65mg (2.9%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.15µg (2.44%), Manganese: 0.04mg (2.14%), Zinc: 0.3mg (2.02%), Magnesium: 7.48mg (1.87%), Folate: 6.8µg (1.7%), Vitamin B1: 0.02mg (1.66%), Vitamin C: 0.88mg (1.07%)