



Lemon Mousse with Fresh Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 6 ounce blackberries fresh
- ☐ 6 ounce blueberries fresh
- ☐ 6 large egg yolk
- ☐ 2 large eggs
- ☐ 0.8 cup juice of lemon fresh
- ☐ 5.5 tablespoons lemon zest grated
- ☐ 8 servings mint leaves fresh
- ☐ 6 ounce raspberries fresh

- ☐ 8 strawberries whole (for garnish)
- ☐ 12 ounce strawberries hulled halved quartered (or if large)
- ☐ 1 cup sugar
- ☐ 2 cups whipping cream chilled

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ pastry bag

Directions

- ☐ Combine 1 cup sugar, lemon juice, 6 egg yolks, 2 whole eggs and grated lemon peel in large metal bowl. Set bowl over saucepan of simmering water (do not allow bowl to touch water).
- ☐ Whisk until mixture thickens and thermometer inserted into mixture registers 160°F.
- ☐ Transfer lemon curd to another large bowl. Chill until cool, whisking occasionally.
- ☐ Toss halved strawberries, blueberries, raspberries, blackberries and remaining 1 tablespoon sugar in another large bowl.
- ☐ Using electric mixer, beat 1 1/2 cups cream in medium bowl until medium-firm peaks form. Fold 1/3 of whipped cream into lemon curd to lighten, then fold in remaining whipped cream.
- ☐ Divide berry mixture among 8 dessert bowls or wineglasses. Spoon lemon mousse over berries. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Using electric mixer, beat remaining 1/2 cup cream in medium bowl until stiff peaks form. Spoon whipped cream atop desserts or transfer whipped cream to pastry bag fitted with large star tip and pipe atop desserts.
- ☐ Garnish with whole strawberries and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:20.25, Inflammation Score:-8, Nutrition Score:14.088260847589%

Flavonoids

Cyanidin: 33.7mg, Cyanidin: 33.7mg, Cyanidin: 33.7mg, Cyanidin: 33.7mg Petunidin: 6.83mg, Petunidin: 6.83mg, Petunidin: 6.83mg, Petunidin: 6.83mg Delphinidin: 7.98mg, Delphinidin: 7.98mg, Delphinidin: 7.98mg, Delphinidin: 7.98mg Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg Pelargonidin: 13.85mg, Pelargonidin: 13.85mg, Pelargonidin: 13.85mg, Pelargonidin: 13.85mg Peonidin: 4.41mg, Peonidin: 4.41mg, Peonidin: 4.41mg, Peonidin: 4.41mg Catechin: 10.98mg, Catechin: 10.98mg, Catechin: 10.98mg, Catechin: 10.98mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg, Eriodictyol: 1.43mg Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg, Hesperetin: 3.41mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 414.92kcal (20.75%), Fat: 26.68g (41.05%), Saturated Fat: 15.33g (95.8%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 36.67g (13.34%), Sugar: 34.31g (38.13%), Cholesterol: 251.43mg (83.81%), Sodium: 42.15mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Vitamin C: 59.01mg (71.52%), Manganese: 0.59mg (29.42%), Vitamin A: 1242.46IU (24.85%), Selenium: 13.33µg (19.04%), Fiber: 4.7g (18.78%), Vitamin B2: 0.28mg (16.75%), Folate: 57.26µg (14.32%), Phosphorus: 138.52mg (13.85%), Vitamin D: 1.89µg (12.6%), Vitamin K: 13.2µg (12.57%), Vitamin E: 1.77mg (11.77%), Vitamin B5: 0.99mg (9.94%), Calcium: 93.78mg (9.38%), Potassium: 290.37mg (8.3%), Vitamin B6: 0.16mg (8.02%), Vitamin B12: 0.46µg (7.58%), Iron: 1.3mg (7.24%), Magnesium: 26.39mg (6.6%), Copper: 0.13mg (6.52%), Zinc: 0.94mg (6.3%), Vitamin B1: 0.08mg (5.34%), Vitamin B3: 0.67mg (3.34%)