



## Mango Mousse Cake with Coconut Dacquoise

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



516 kcal

DESSERT

### Ingredients

- 35 g almond flour
- 35 g coconut flakes flaked
- 22 g powdered sugar
- 70 g powdered sugar
- 0.3 teaspoon cream of tartar
- 100 g egg whites
- 10 g gelatin powder
- 360 g cup heavy whipping cream

- 400 g pear puree
- 3 medium mangos ripe
- 100 g sugar
- 60 g water

## Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- stand mixer
- wax paper
- microwave
- spatula
- pastry bag

## Directions

- For the dacquoise
- Preheat oven to 300 degrees F. Line several baking sheets with parchment paper. Take a 3" ring mold (or whatever size mold you want to use) and trace several circles on the parchment sheets to help guide you when you pipe the meringues. Flip the parchment sheets over (so you don't get ink on your meringues).
- Combine coconut, almond meal, and confectioners' sugar in a food processor. Process until fully combined and very fine. Turn out into a large bowl and set aside.
- Combine egg whites and cream of tartar in bowl of stand mixer fitted with whisk attachment. Whip on medium speed until soft peaks form. With mixer running, pour in sugar in a slow stream. Continue whipping until meringue becomes stiff and glossy.

- Add about a quarter of the meringue to the almond meal mixture and carefully fold in with a large rubber spatula.
- Add in the rest of the meringue and fold in, being careful not to deflate the meringue too much. Scrape the meringue into a pastry bag fitted with a 1/2" plain round tip. Pipe meringue out onto prepared sheets by piping a spiral to fill each of the traced circles.
- Bake for about 30–40 minutes, rotating halfway through, until meringues are light brown and dry to the touch. It may take longer depending on the humidity in your kitchen.
- Place water in a small bowl and sprinkle gelatin over it.
- Let bloom for about 5 minutes. Meanwhile, combine mango puree and sugar in a medium saucepan.
- Place over medium heat and stir until is dissolved.
- Remove from heat.
- Add in gelatin and stir until it is dissolved. Note: the mango mixture should be warm enough to melt the gelatin. If you are unsure, you can always microwave the gelatin mixture to ensure it is liquid before adding it to the mango. Refrigerate mixture for about 10 minutes to let it cool down. Whip cream to soft peaks. Fold about a third into the mango mixture.
- Add the rest of the cream and carefully fold until incorporated. Line a baking sheet with parchment paper or wax paper.
- Place 3" ring mold on sheet. Line each ring with an acetate strip (they can be found in cake supply shops in rolls, or you can cut a piece to fit).
- Place a dacquoise round at the bottom of each ring. Fill each mold halfway with the mango mousse.
- Combine cream and confectioner's sugar together in stand mixer fitted with whisk attachment. Whip on medium speed to soft peaks. Top each cake (still in the molds) with some of the whipped cream and refrigerate again while you slice up the mangoes.
- Cut mangoes in half, discarding the pit, and cut away the peel. Slice mango halves into thin 1/8" thick slices. Arrange slices on top of cakes in a rose formation, starting at the center and working out. You might have to trim some of the pieces down to fit. Push cakes out from the molds and peel away acetate strips.
- Serve immediately (if you don't want to serve yet, do not unmold until you are ready to serve).

## Nutrition Facts



■ PROTEIN 5.9% ■ FAT 48.31% ■ CARBS 45.79%

## Properties

Glycemic Index:28.93, Glycemic Load:23.44, Inflammation Score:-9, Nutrition Score:14.014782713807%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 515.94kcal (25.8%), Fat: 29.04g (44.68%), Saturated Fat: 17.5g (109.37%), Carbohydrates: 61.95g (20.65%), Net Carbohydrates: 57.65g (20.97%), Sugar: 57.45g (63.83%), Cholesterol: 67.8mg (22.6%), Sodium: 52.03mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin C: 62.39mg (75.62%), Vitamin A: 2723.2IU (54.46%), Folate: 77.26µg (19.32%), Fiber: 4.29g (17.17%), Vitamin B2: 0.27mg (15.67%), Copper: 0.29mg (14.29%), Vitamin E: 2.11mg (14.06%), Manganese: 0.27mg (13.65%), Vitamin B6: 0.24mg (12.1%), Potassium: 423.25mg (12.09%), Selenium: 8.08µg (11.55%), Vitamin K: 9.08µg (8.65%), Calcium: 74.8mg (7.48%), Phosphorus: 73.8mg (7.38%), Magnesium: 28.77mg (7.19%), Vitamin D: 0.96µg (6.4%), Vitamin B3: 1.23mg (6.15%), Vitamin B5: 0.57mg (5.69%), Iron: 0.8mg (4.45%), Vitamin B1: 0.06mg (4.28%), Zinc: 0.43mg (2.84%), Vitamin B12: 0.11µg (1.85%)