



Margarita Mousse

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



279 kcal

DESSERT

Ingredients

- 0.3 teaspoon cup heavy whipping cream
- 3 egg whites
- 4 egg yolks
- 1 envelope gelatin powder unflavored
- 0.3 cup juice of lemon fresh
- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest grated
- 0.3 cup limeade concentrate

- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.3 cup triple sec fresh
- 1 cup whipping cream

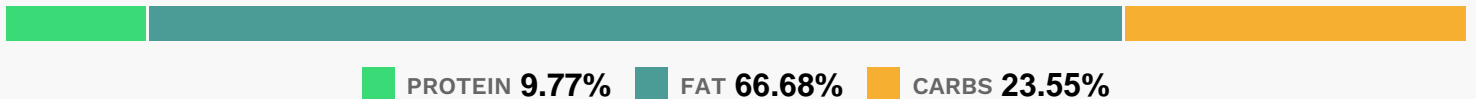
Equipment

- sauce pan
- hand mixer

Directions

- In a medium saucepan, combine 1/4 cup of the sugar, the gelatin, and the salt. Stir in the lemon juice, lime juice, limeade (or tequila), and orange juice (or Triple Sec). Stir well. In a medium glass dish, whip the egg yolks until they are light. Stir in the lime zest.
- Add to the saucepan and cook over low heat, stirring constantly, until the gelatin is dissolved, about 3 minutes.
- Remove from heat.
- Transfer to a plastic container and allow it to come to room temperature. Cover and refrigerate, stirring occasionally until the mixture has begun to gel, about 30 minutes.
- With an electric mixer, beat egg whites with cream of tartar until soft peaks form. Gradually beat in the sugar until stiff. Fold in beaten whipped cream.
- Remove custard from refrigerator and fold in the meringue.
- Place the mixture, when finished folding, back into the refrigerator and let chill.
- When serving rim your glass with sugar and pour chilled mousse into glass.

Nutrition Facts



Properties

Glycemic Index:30.82, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:6.5686956760676%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 279.44kcal (13.97%), Fat: 21.22g (32.64%), Saturated Fat: 12.39g (77.44%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.74g (6.09%), Sugar: 14.78g (16.43%), Cholesterol: 209.59mg (69.86%), Sodium: 169.7mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Selenium: 13.76µg (19.66%), Vitamin A: 942.83IU (18.86%), Vitamin C: 15.34mg (18.59%), Vitamin B2: 0.26mg (15.17%), Vitamin D: 1.54µg (10.29%), Phosphorus: 92.13mg (9.21%), Folate: 31.6µg (7.9%), Vitamin B5: 0.65mg (6.45%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.86mg (5.75%), Calcium: 56.53mg (5.65%), Vitamin B6: 0.08mg (4.2%), Potassium: 144.11mg (4.12%), Vitamin B1: 0.05mg (3.56%), Copper: 0.06mg (3.22%), Zinc: 0.48mg (3.19%), Iron: 0.52mg (2.92%), Magnesium: 9.7mg (2.42%), Vitamin K: 1.72µg (1.64%)