



Passionberry Dessert

READY IN



180 min.

SERVINGS



8

CALORIES



740 kcal

DESSERT

Ingredients

- ☐ 8 servings chocolate melted
- ☐ 1 pound egg whites
- ☐ 1 ounce gelatin powder
- ☐ 1 quart heavy cream
- ☐ 8 ounces passion fruit puree
- ☐ 8 ounces raspberry puree
- ☐ 8 servings raspberry coulis (pureed with sugar, to taste)
- ☐ 0.3 teaspoon salt
- ☐ 1 vanilla sponge cake (homemade store bought)

- ☐ 8 ounces sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons warm water

Equipment

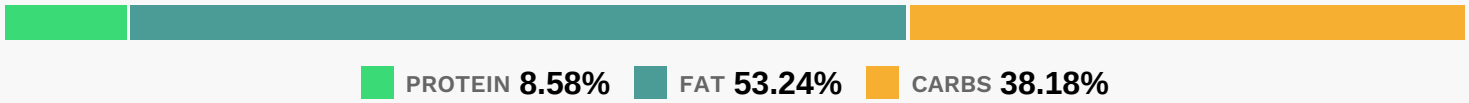
- ☐ sauce pan
- ☐ mixing bowl
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ In a mixing bowl, beat the egg whites and salt with an electric mixer on medium speed until the eggs are frothy. In a small saucepan, combine the sugar and water and cook, stirring frequently, until the mixture reaches 245 degrees F. Do not boil. Increase the speed on the electric mixer to high and gradually add the melted sugar, beating the egg whites until they form stiff peaks. Dissolve the gelatin in 2 tablespoons warm water and mix with the raspberry puree. Gently fold into the egg white mixture. Lastly, fold in the whipped cream. Keep refrigerated while making the Passion Fruit mousse.
- ☐ In a mixing bowl, beat the egg whites and salt with an electric mixer on medium speed until the eggs are frothy. In a small saucepan, combine the sugar and water and cook, stirring frequently, until the mixture reaches 245 degrees F. Do not boil. Increase the speed on the electric mixer to high and gradually add the melted sugar, beating the egg whites until they form stiff peaks. Dissolve the gelatin in 2 tablespoons warm water and mix with the passion fruit puree. Gently fold into the egg white mixture. Lastly, fold in the whipped cream. Keep refrigerated until ready for assembly.
- ☐ Cut the sponge cake in 1/4-inch layers.
- ☐ Cut the layers using a biscuit cutter, the same diameter as your cake mold or ramekins.
- ☐ Place a layer into the base of the mold or ramekins.
- ☐ Pour the raspberry mousse over the sponge cake and refrigerate for at least 1 hour. Once set, top with the passion fruit mousse and refrigerate for 1 hour.
- ☐ Remove from the molds.

- ☐ On chilled dessert plates, arrange each cake in the center of the plate and drizzle with the coulis, if using.
- ☐ Garnish with the melted chocolate, if using.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:22.37, Inflammation Score:-9, Nutrition Score:17.293913136358%

Flavonoids

Cyanidin: 40.44mg, Cyanidin: 40.44mg, Cyanidin: 40.44mg, Cyanidin: 40.44mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 739.96kcal (37%), Fat: 45.02g (69.26%), Saturated Fat: 27.75g (173.41%), Carbohydrates: 72.64g (24.21%), Net Carbohydrates: 63.7g (23.16%), Sugar: 53.51g (59.45%), Cholesterol: 171.92mg (57.31%), Sodium: 449.12mg (19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin A: 2186.43IU (43.73%), Vitamin C: 32.36mg (39.23%), Vitamin B2: 0.66mg (38.74%), Fiber: 8.93g (35.73%), Manganese: 0.69mg (34.4%), Selenium: 20.25µg (28.92%), Phosphorus: 176.24mg (17.62%), Potassium: 478.04mg (13.66%), Calcium: 136.63mg (13.66%), Vitamin D: 1.97µg (13.12%), Vitamin E: 1.96mg (13.03%), Iron: 2.33mg (12.94%), Magnesium: 48.32mg (12.08%), Folate: 48.24µg (12.06%), Copper: 0.24mg (11.97%), Vitamin K: 11.01µg (10.49%), Vitamin B1: 0.15mg (9.76%), Vitamin B3: 1.82mg (9.11%), Vitamin B5: 0.88mg (8.84%), Vitamin B6: 0.14mg (7.07%), Zinc: 0.92mg (6.1%), Vitamin B12: 0.33µg (5.5%)