



Pâté à bombe



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



3

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 6 egg yolks
- ☐ 180 g caster sugar

Equipment

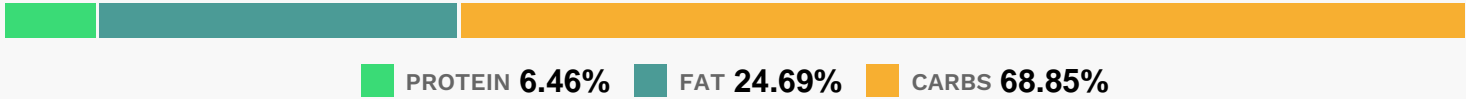
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ hand mixer

☐ candy thermometer

Directions

- ☐ Dissolve the sugar in a medium saucepan with 120ml boiling water. When clear, bring to the boil and place a sugar thermometer in the pan. Meanwhile, whisk the yolks with an electric mixer until creamy. When the sugar syrup reaches 120C, remove from the heat at once. Keep the mixer beaters running, drizzle the syrup onto the yolks and beat, on full speed, for 3–5 mins until you have a firm yellow foam.
- ☐ Remove and cool, whisking occasionally. Divide into 3 portions. Use a third of this mixture for one mousse recipe, then chill and use the rest within 2 days or freeze in 2 portions for up to 2 months. To use the frozen mixture, thaw for 10–15 mins, then beat lightly until softened.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:41.89, Inflammation Score:-1, Nutrition Score:6.5800000101976%

Nutrients (% of daily need)

Calories: 346.92kcal (17.35%), Fat: 9.73g (14.97%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 61.05g (22.2%), Sugar: 60.08g (66.76%), Cholesterol: 388.8mg (129.6%), Sodium: 17.88mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Selenium: 20.52µg (29.31%), Phosphorus: 140.4mg (14.04%), Folate: 52.56µg (13.14%), Vitamin D: 1.94µg (12.96%), Vitamin B2: 0.2mg (11.85%), Vitamin B12: 0.7µg (11.7%), Vitamin B5: 1.08mg (10.76%), Vitamin A: 519.12IU (10.38%), Vitamin B6: 0.13mg (6.3%), Vitamin E: 0.93mg (6.19%), Iron: 1.01mg (5.63%), Zinc: 0.83mg (5.56%), Calcium: 47.04mg (4.7%), Vitamin B1: 0.06mg (4.22%), Copper: 0.03mg (1.6%), Potassium: 40.44mg (1.16%), Manganese: 0.02mg (1.11%)