



Peaches and Cream Mousse



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.3 cup all-natural apricot nectar
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 1.5 tablespoons peach schnapps
- ☐ 0.8 cup peaches unsweetened frozen thawed
- ☐ 1.5 tablespoons sugar
- ☐ 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie

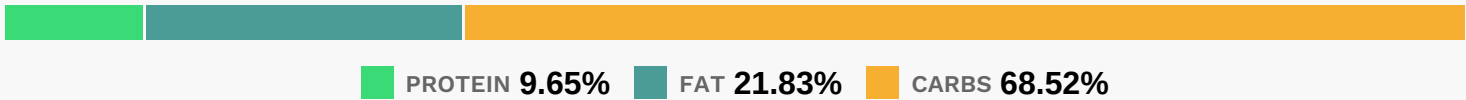
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place peaches in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Sprinkle gelatin over apricot nectar in a small saucepan; let stand 1 minute. Stir in pureed peaches and sugar. Cook over medium heat, stirring until gelatin dissolves.
- ☐ Remove from heat; stir in schnapps and almond extract. Chill 1 hour or until consistency of unbeaten egg white.
- ☐ Gently fold in whipped topping. Spoon mixture evenly into 2 (8-ounce) parfait glasses. Cover and chill until set.
- ☐ Garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:8.28, Inflammation Score:-5, Nutrition Score:3.4447825654693%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 178.75kcal (8.94%), Fat: 4.01g (6.17%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 27.45g (9.98%), Sugar: 27.09g (30.09%), Cholesterol: 0.56mg (0.19%), Sodium: 36.26mg (1.58%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.99g (7.98%), Vitamin C: 11.69mg (14.16%), Vitamin A: 621.97IU (12.44%), Copper: 0.12mg (5.97%), Vitamin E: 0.69mg (4.61%), Selenium: 3.13µg (4.47%), Phosphorus: 36.27mg (3.63%), Fiber: 0.9g (3.59%), Potassium: 120.91mg (3.45%), Vitamin B2: 0.06mg (3.34%), Vitamin K: 3.01µg (2.87%), Calcium: 27.5mg (2.75%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.04mg (2.61%), Manganese: 0.05mg

(2.47%), Magnesium: 8.85mg (2.21%), Iron: 0.29mg (1.63%), Vitamin B6: 0.03mg (1.6%), Folate: 5.52µg (1.38%),
Vitamin B5: 0.12mg (1.22%), Zinc: 0.18mg (1.17%)