

Peanut Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons creamy peanut butter
- ☐ 2 tablespoons dry-roasted peanuts divided chopped
- ☐ 4 egg whites at room temperature ()
- ☐ 1.3 teaspoons gelatin powder unflavored
- ☐ 8 ounce carton nonfat yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 4 tablespoons water divided

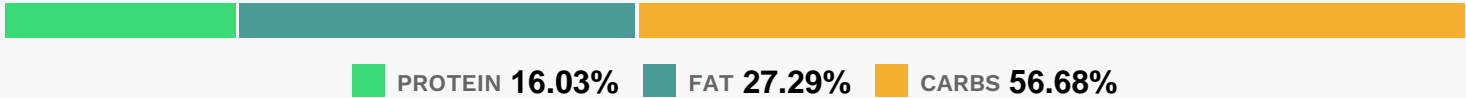
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place colander in a medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of colander. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a medium bowl; discard liquid.
- ☐ Sprinkle gelatin over 1 tablespoon water in a microwave-safe bowl; let stand 1 minute. Microwave at high 15 seconds, stirring until gelatin dissolves.
- ☐ Let cool slightly (about 3 minutes); whisk gelatin mixture into yogurt cheese. Stir in peanut butter and 1 tablespoon peanuts; set aside.
- ☐ Combine sugar and remaining water in a microwave-safe bowl; stir well. Microwave at high 3 minutes or until mixture boils, stirring every minute; set aside.
- ☐ Beat egg whites and salt at high speed of a mixer until foamy. Gradually pour hot sugar syrup into egg white mixture, beating at medium speed; then beat at high speed until stiff peaks form.
- ☐ Gently fold egg white mixture into yogurt cheese mixture. Spoon 1 cup into each of 4 (8-ounce) stemmed glasses; sprinkle with remaining peanuts. Cover; chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:23.56, Inflammation Score:-2, Nutrition Score:7.0234782734643%

Nutrients (% of daily need)

Calories: 280.46kcal (14.02%), Fat: 8.85g (13.61%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 40.3g (14.65%), Sugar: 39.09g (43.44%), Cholesterol: 1.13mg (0.38%), Sodium: 315.46mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Vitamin B2: 0.3mg (17.69%), Phosphorus: 154.04mg (15.4%), Manganese: 0.3mg (15.14%), Selenium: 9.6µg (13.72%), Calcium: 127.37mg (12.74%), Vitamin B3: 2.45mg (12.23%), Magnesium: 43.18mg (10.8%), Potassium: 300.86mg (8.6%), Vitamin E: 1.09mg (7.29%), Copper: 0.13mg (6.54%), Zinc: 0.97mg (6.47%), Folate: 25µg (6.25%), Vitamin B12: 0.37µg (6.21%), Vitamin B5: 0.62mg (6.19%), Vitamin B6: 0.1mg (4.89%), Vitamin B1: 0.06mg (4.08%), Fiber: 1.02g (4.08%), Iron: 0.43mg (2.38%)